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NEW SYSTEM OF
VEGETABLE COOKERY:

WITH AN
INTRODUCTION

recommending abstinence

FROM

ANIMAL FOOD AND INTOXICATING LIQUORS.

THE SECOND EDITION.

~~~~~  
BY A MEMBER OF THE SOCIETY OF  
*Bible-Christians.*  
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Better is a dinner of herbs where love is, than a stalled ox,
and hatred therewith.

Prov. xv. 17.

It is good neither to eat flesh, nor to drink (*intoxicating*) wine.

Rom. xiv. 21

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NEW SYSTEM OF

VEGETARIAN COOKERY:

THEORY AND PRACTICE

INTRODUCTION



ANIMAL FOOD AND ITS EFFECTS

THE SECOND EDITION

BY A MEMBER OF THE SOCIETY OF

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INTRODUCTION.

THE eating of animal food having become so general, and attained to a degree at once so destructive to the health, and injurious to the morals of the community ; the following observations are submitted to the consideration of the public, in the hope that some impartial and well disposed minds will be thereby convinced that the flesh of animals is not only unnecessary to the sustenance of man, but that a vegetable diet is more *nutritive* and more favourable to *health, humanity and religion*.

That animal food is unnecessary to the sustenance of man will appear evident when it is considered that in the first ages of the world, mankind lived wholly on the fruits of the earth, and that even at this day, millions of human beings in Asia and Africa subsist in a similar manner. It is also generally acknowledged, that the long lives of the primitive race of men was, in a great degree, owing to the wholesomeness of their food. But we need not

go back to the primitive ages, nor travel to distant climes, in order to prove that vegetable food is the most nutritive and salutary ; for we have the proof at hand : the most robust and healthy people in the British dominions may be found among the Irish peasantry, who live principally on that excellent root the potato : and if additional testimony were needed, the health and strength enjoyed by the persons belonging to the society of which the writer is a member, are a sufficient proof that vegetable food contains the nutriment most proper for man.

With respect to the pernicious effects of animal food on the body and the mind, we have the testimony of many eminent men, among whom may be noticed Milton, Dr. Cheyne, Tryon, Cornaro, St. Pierre, Dr. Lambe, Dr. Graham, Sir Richard Phillips, and Mr. John F. Newton. Dr. Lambe has clearly demonstrated that many of the diseases with which the people of this country are afflicted, may be ascribed to this baneful diet, and the drinking of intoxicating liquors. An eminent Physician of Paris, in a work published a few years ago, has also shewn that many diseases are caused by the eating of animal flesh. And the following fact may be adduced to illustrate its pernicious effects on the human system : " The late Sir Edward Berry prevailed on a man to live on partridges *without vegetables*, but after eight days' trial he was obliged to desist, in consequence of strong symptoms then appearing of an incipient putrefaction. This fact alone, is sufficient to prove

him to be carnivorous?" Is then the *propriety* of an action to be determined purely by the physical *capacity* of the agent. Is it *right* to do every thing we have the *power* to do? Because nature has furnished man with the capacity to devour human flesh, will any one pretend that he was made to feed on his fellow men? But unfortunately for this *canine argument* of those advocates of murder, it happens that the monkey and the Ourang Outang, that subsist solely on fruit, are furnished with teeth as canine and as keenly pointed as those of man. There remains yet one question to be considered, which is often asked by the opposers of humanity, viz. "If we should live entirely on vegetable food, what shall we do with our cattle? What would become of them? They would grow so numerous, they would eat us up if we did not kill and eat them." These are rather suppositions than arguments, mere fancies, because unexperienced. But it may be observed, that there are abundance of animals in the world which men do not kill and eat, and yet we do not hear of their injuring mankind, but sufficient room is found for their abode. Cattle are at present an article of trade, and their numbers are industriously promoted. If cows and sheep were kept solely for their milk and fleece, and if they should become too numerous mankind would readily find means of reducing them without having recourse to the butcher's knife.

Having stated a few of the facts and arguments

which might be advanced in favor of a vegetable regimen, in a *physical* and *moral* point of view ; we shall now consider the subject in reference to *religious principle* by directing the reader's attention to some passages of Scripture, which, if they have *any* meaning, must be directions to man in the choice of his food. And a strong proof is thereby given us of the mercy and goodness of our Creator who knows what is best for us, in having given us written laws respecting what we should eat and what we should not eat. When therefore the false reasoning of man is applied to the facts which *apparently* favour the savage custom of flesh-eating, we should let Deity decide the question, and manifest our belief in his revealed word by living according to its divine precepts. In the first chapter of Genesis, after God had created man, he directed him concerning his food, saying, "*Behold, I have given you every herb bearing seed which is upon the face of all the earth, and every tree in which is the fruit of a tree yielding seed, to you it shall be for meat.*" In the Decalogue, Jehovah says, "*Thou shalt not kill.*" Who dare limit the precept to the killing of human beings, when God has said, "*Ye shall neither add to the law nor diminish aught from it ?*" He further says, *Flesh* with the life thereof which is the blood thereof shall ye not eat: neither shall ye eat *any manner of FAT of ox, or of sheep or of goat in any of your dwellings.* In the Christian dispensation, the Apostles held a council and issued a decree to the Churches saying, "It

seemed good to the HOLY GHOST, and to us, to lay upon you no greater burden than these *necessary* things: that ye abstain from meats offered to idols, and from *blood* (or intoxicating wine, see *Ezek.* xxxix. 19), and from things *strangled*", or in other words, which have suffered a violent death. From *Judith* chap. xi. 12, we learn that the eating of animal food was what God had forbidden by his laws. In *Ecclus.* xxxix. 26, it is said that the principal things for the use of man's life are, salt, flour, wheat, honey, milk, &c. but there is no mention made of the flesh of cattle. From *Prov.* xxvii. 23—27, it would seem that the design of keeping flocks was for the fleece and the milk. See also *1 Cor.* ix. 7. and *Psalms* xlix, 14.—These and several other passages, which might be adduced, may reasonably be considered as sufficient to convince a *humane* person that it is contrary to the *written* law of God and to the feeling of humanity implanted in the *heart*, to kill innocent animals for our daily sustenance. We are well aware, however, that objections will be brought from scripture against this doctrine; as, for instance, "*Every moving thing that liveth shall be meat for you,*" &c. But it should be recollected that *every* moving thing that liveth is not fit for meat. Again, "*Not that which goeth into the mouth defiles the man*"—But does any man imagine that by this declaration, our Saviour meant to give full licence to gluttony and intemperance? That a man might swallow *poison*? Or that he might eat any thing which the

law of God forbade to be eaten? The sense, in which the words were used, must be gathered from the reason and the occasion of their being spoken; which was this—The Pharisees being offended murmured at the disciples of Jesus for sitting down to meat with unwashen hands: in answer to them Jesus says “*Not that which goeth into the mouth defiles,*” &c; that is to say, not a little soil or filth taken into the mouth by eating with unwashen hands, can be said to defile a man, &c. This is the plain and obvious sense of the words. Besides, these words were spoken 20 years before the Apostolic decree forbidding the use of animal food; and would the Apostles make a decree in direct contradiction to the declaration of Jesus? Another objection has been stated:—In the account of Peter’s vision, we are informed that the Lord said to him, “*Rise, Peter, kill and eat*”—But what did Peter himself learn from the vision? He says that he understood that he was not to call any *man* common or unclean—and that the *Gentiles* were denoted by the animal appearances. Surely it will not be contended that real *animals* were let down in a sheet out of *heaven*? Peter was, by this vision, corrected of a prejudice, he in common with the rest of the Jews entertained against the Gentiles: and we afterwards find his brethren accusing him of going in to men uncircumcised and eating *with* them; that is to say, he went and partook of the *sacrament* with Gentiles and they became Christians, God having commanded him to do so—for the right

rendering of the passage is,—*Rise, Peter, sacrifice* (or consecrate) *and eat*. Another objection is, that the Apostle Paul has determined the lawfulness of eating any thing sold in the *shambles*, or set before us, asking no questions for conscience sake. But will any man in his senses interpret this permission to extend further than to things lawful and proper to be sold or eaten? This would suit unprincipled dealers in flesh and supercede the necessity of market lookers. Besides, are we sure that nothing but flesh-meat is sold in places called *shambles*? There are shambles in a market town in Lancashire where nothing of the kind is sold, but only articles of clothing, hardware, &c.—Moreover can it be believed that St. Paul gave this permission in contradiction to the decree of the Apostles, a decree to which he himself consented, and which he was very active in circulating among the different churches? On an impartial examination it will be found that these *permissions* of the Apostle relate entirely to *meats offered to idols*; parts of which offerings (though not of flesh-meat) were sometimes sold in the shambles or market, and sometimes eaten in private houses; and these the Apostle permitted to be eaten by Christians asking no questions (whether they had been offered to an idol) for conscience sake. The intention of that part of the decree was to keep Christians from idolatry, and the best way to effect this was by prohibiting all communication with idols and idolaters in their feasts instituted in honor of their idols: it being pretended

by some that they might innocently partake of idol feasts, since they knew that an *idol was nothing* and there was but one God; just as it is pretended at this day by a certain class of persons, that they may partake of the sacrament in the Church of England, thereby sanctioning the worship of *three* Gods, while they say they only worship *one*. But after all, it may perhaps be said by some that it is the *blood* which is forbidden and not the flesh. This is a weak objection, as it is well known that the flesh is constituted of the blood: how then can we eat flesh without eating blood?

Having endeavoured briefly to answer some of the most common objections to the Pythagorean system, perhaps we may be permitted to say a few words respecting *fish*. On the authority of medical men it may be stated that the flesh of fish is more unwholesome than that of land animals; it being more putrescent, as may be concluded from the nauseous and hepatic eructations of the stomach after it is eaten.—But it may be said, Did not Jesus eat fish? and were not his disciples fishermen? In order to come at the truth on this subject, it is necessary we should not rest in the *word, fish*, nor limit its signification to one kind of fish; neither should we conclude that there is but one kind of fishers: for we know that there are various sorts, as pearl-fishers, coral-fishers, and fishers of *water-plants of different kinds*, as well as of the animal fish. Now we shall

not presume to decide which of these pursuits the disciples were engaged in, because we may not be possessed of all the evidence which may be necessary to come to a correct conclusion: but we may be permitted to submit to the reader's consideration a few facts which may be the means of furnishing reasonable ground for doubting whether feasting on Salmon by way of fasting from flesh, be quite consonant with the practice of Jesus and his disciples. We learn from Numbers xi. 5, that when the Israelites murmured against Moses and wished to return to Egypt, they said, "*We remember the FISH, which we did eat in Egypt freely; the CUCUMBERS, and the MELONS, and the LEEKS, and the ONIONS, and the GARLIC.*" Now we are informed by HERODOTUS, that *fish* was in his time very much used as food in Egypt, many families living entirely upon it: that it was sometimes used fresh, and sometimes *roasted*. Sometimes they dried it in the sun, then beat it small in a mortar, and afterwards sifted it through a piece of fine cloth, and thus formed it into cakes as *bread*. This is the very mode in which the Egyptians now prepare the *lotos*-plants: they dry them in the sun, roast or *broil* them; then having parched the seed within the *lotos*, whose head resembles that of a poppy, they make bread of it. (*See Beauties of Nature and Art displayed, vol. xii. p. 141.*)—POCOCKE says, that when he was in upper Egypt, they told him there was a large *fish* called *lotos*, which probably is the *lotos* that was so highly esteemed by the Egyptians. (*See*

his Travels in Egypt, Pinkerton's Coll. p. lxi. p. 333.)—*Water-melons* are much eaten in warm climates, which being moist and cooling, are of course particularly grateful to the palate. These and several other facts to the same purport which might be adduced, must at least, lead us to doubt whether Jesus or his disciples did really eat *animal fish*. And especially, when we know that PARKHURST, in his Greek Lexicon, says, "It seems not very natural to understand the Greek word *opsarion* (John xxi. 9) as signifying *fish*. It signifies some other kind of provision, of the delicious sort, that may be eaten with bread." Indeed fish and honey do not seem to be very suitable to be eaten together. In addition to this evidence, if the reader will take the trouble to refer to Calmet's Dictionary, he will find that "James and John were fishermen with Zebedee their father:" and yet "they never ate either *fish* or *flesh*." From *Josephus* we learn that no animal fish will live in the Dead Sea, and yet the prophet Ezekiel speaks of an abundance of fishers who should fish on its borders. Recollect also that when the net brake, while the disciples were fishing, the fish did not escape! Taking all these circumstances into consideration, we shall be justified in maintaining that there is as little authority to sanction the eating of fish, as there is for the eating of animal flesh, and that *reason, revelation* and *humanity* forbid both.

Thus we have endeavoured as far as our limits

will allow to state the grounds on which the members of the Society of Bible-Christians abstain from animal food, which is done not only in obedience to the Divine command, but because it is an observance which, if more generally adopted, would prevent much cruelty, luxury and disease, besides many other evils which cause misery in society. It would be productive of much good by promoting health, long life and happiness ;—and thus be a most effectual means of reforming mankind. It would entirely abolish that greatest of all curses *War* ; for those who are so conscientious as not to kill animals, will never murder human beings.—On all these accounts the system cannot be too much recommended. The practice of abstaining cannot be wrong ; it must therefore be come consolation to be on the side of duty. If we err, we err on the sure side ;—it is innocent ;—it is infinitely better authorized and more nearly associated with religion, virtue and humanity, than the contrary practice : And we have the sanction of the wisest and the best of men—of the whole Christian world for several hundred years after the commencement of the Christian era. It is in opposition to a practice manifestly brutal and savage, a practice which can neither answer nor propose any ends but those of luxury, disease, cruelty and oppression—ends of all others the most opposed to the true principles of CHRISTIANITY.

*On the pernicious effects of intoxicating liquors
on the human body and mind, and their
influence on the HAPPINESS OF SOCIETY.*

O madness! to think use of strongest wines
And strongest drink our chief support of health,
When God, with these forbidden, made choice to rear
His mighty champion, strong above compare,
Whose drink was only from the *liquid brook*.

MILTON.

THE numerous and disgusting scenes of Drunkenness which we daily behold, render it necessary that every effort should be made to stem if possible the torrent of this detestible vice; or this once flourishing and happy country will become, ere long, a general scene of poverty, oppression, disease and misery. If this vice is to be patronized it is quite in vain to erect places of worship, or to expect any thing but disappointment in attempting to diffuse religious knowledge among the inhabitants of Britain. The drinking of intoxicating liquors is the root of almost every evil in society; it is the parent of poverty, of diseases of all sorts, of feebleness of body and mind, and at last of a departure from life

regretted not even by friends, parents and brethren. It is also probable that much more than half the crimes which bring men to an untimely end, are the fruit of strong drink. If then all this be true, what a tremendous collection of misery and mischief is to be ascribed to this single cause! Poverty! Disease! Vilany! Murder! Good God, can this be read without concern, or is it possible it should be seen with indifference? Were murders committed by any other weapons, or were half the number of the families who might otherwise prove useful to the community as easily plunged into vice and ruin by any other means, is it possible that the professed ministers of the Gospel, or those who are clothed with civil authority should be unconcerned spectators of such dreadful and enlarging scenes of wickedness and misery? "Common humanity would prevent a single murder, and restrain the uplifted arm, that would administer one deadly potion, or that aimed a deadly weapon at one innocent at the breast. But what is a single murder compared to the many thousands that are annually sent out of the world, by a *slow but sure poison*? and among these how many unoffending children and helpless babes, fall pitiable victims?" In addition to this catalogue of misery, it may be stated as a melancholy fact, that a very great proportion of the cases of insanity are caused by excessive drinking. It is high time therefore that something should be done: but what must that something be? The

magistracy will do nothing towards even restraining the licentiousness of those nurseries of all manner of vice, the Public Houses; and Government, in order to increase the revenue, will continue to permit the bread of the people to be converted into poison. What then is to be done? There remains only one *effectual* way of counteracting this evil, and that is for all who call themselves Ministers of the Gospel, and all who profess to be *radical reformers*, to strike at the root of this great sin, by setting an example of *entire abstinence* from this baneful liquor; then, and not till then, may we expect prosperity, health and happiness to return to the people of this land. In order to adopt any system, it is desirable to see the practicability of it; in this case it is quite easy, as it requires no sacrifice from the young, and very little from those of more mature age. There only wants a *beginning* in the performance. It is the want of resolution to begin that prevents the good; for if once we begin in good earnest and from proper motives, we find the path so pleasant that we never turn aside from it. It is very certain that strong liquors of every kind are hateful to the natural appetite; for children and young people, when they first taste them, discover all the marks of strong dislike; but by habit this dislike is overcome, and custom becomes a second nature. Sipping leads to drinking, and drinking to the beastly vice of drunkenness. Therefore, a child ought not to have strong drink presented to it, no more than it ought to have poison presented to it. It

should not even see it, and if possible not hear of it, and the accursed beverage ought never to gain admittance to our dwellings. That liquors are quite unnecessary to the support of the human body, every medical practitioner of any celebrity will not hesitate to admit. "A vulgar error however prevails, which is, that strong liquors are essential to *bodily strength*. This false opinion is partly grounded on the idea of a nutritious property in those liquors, and partly perhaps on a logical error in using the word *strong*, as being necessarily connected with *"strengthening the animal body*. The first notion is entirely wrong, since it is proved by continual evidence, that strong liquors are inimical to animal life throughout the creation, and that no living animal or plant can be supported by such fluids, but that on the contrary, they all become sickly and perish under their influence. But it may be argued that strong liquors help the stomach to digest and stimulate the actions of the blood-vessels and the nervous system. "I presume, however," says *Dr. CARLYLE*, "that no man would give a lamb, a calf, a chicken, or a duck such liquors, with a hope of rendering it sooner fat, and of sweeter flesh, even if such liquors were so cheap as to make it an economical process: yet many parents do this by their *children*." Another great error is the supposing that *spirituous liquors lessen the effects of cold upon the body*. On the contrary I maintain, says *Dr. B. RUSH*, that they always render the body more liable to be affected

and injured by cold. The temporary warmth they produce is always succeeded by chillness. If any thing besides warm clothing and exercise is necessary to warm the body in cold weather, a plentiful meal of wholesome food is at all times sufficient for that purpose. The people of Lapland do not require strong drink to keep them warm, their drink being only water, and it is remarked by Linneus that they have very few diseases. And I maintain with equal confidence, that spirituous liquors do not lessen the effects of hard labor upon the body, look at the horse, with every muscle of his body swelled from morning till night in the plough or the team, does he make signs for spirits to enable him to cleave the earth or climb the hill? No.—He requires nothing but cool water and substantial food. There is neither strength nor nourishment in spirituous liquors; if they produce vigor in labor, it is of a transient nature, and is always succeeded with a sense of weakness and fatigue. These facts are founded in observation, for I have repeatedly seen those men perform the greatest exploits in work, both as to their degrees and duration, *who never tasted spirituous liquors*”—In confirmation of the above observation, SMOLLETT in his Travels in Italy, remarks that a porter in London quenches his thirst with a draught of strong beer; a porter of Rome or Naples refreshes himself with a slice of water-melon or a glass of iced water: now it is commonly remarked that beer strengthens as well as refreshes; but the porters

of Constantinople, who never drink any thing stronger than water, will carry a load of seven hundred weight, which is more than any English porter ever attempted to raise. It should also be recollected that Samson, who is reputed the strongest man that ever lived, was a water-drinker. We may therefore conclude with HOFFMAN, that "water is the fittest drink for all persons of all ages and temperaments. By its fluidity and mildness, it promotes a free and equable circulation of the blood and humours through all the vessels of the body, upon which the due performance of every animal function depends; and hence water-drinkers are not only the most active and nimble, but also the most cheerful and sprightly of all people.—In sanguine complexions, water, by diluting the blood, renders the circulation easy and uniform. In the choleric, the coolness of the water restrains the quick motion and intense heat of the humours. It attenuates the glutinous viscosity of the juices of the phlegmatic; and the gross earthiness which prevails in melancholic temperaments. And as to different ages; water is good for children, to make their tenacious milky diet thin and easy to digest; to youth and middle-aged, to sweeten and dissolve any scorbutic acrimony or sharpness that may be in the humours, by which means pains and obstructions are prevented; and for old people, to moisten and mollify their rigid fibres and to promote a less difficult circulation through their hard and shrivelled vessels."

In addition to the above facts, it may be observed, that many alterations take place in the mind in consequence of the influence of the bodily organs; and these latter are greatly influenced by the kind of aliment which the body receives. God knows what is in man and what is best for him; he has therefore graciously forbidden in his word, what would injure both body and mind, and commanded what is best calculated to be useful to both. An instance of which we find previous to the birth of Samson: his parents were expressly commanded by the angel of the Lord not to drink wine or strong drink, that he might be filled with the Holy Spirit from his birth; and it is said the Lord blessed him. It is also said of John the Baptist, "He shall be great in the sight of the Lord, and shall drink neither wine nor strong drink; and he shall be filled with the holy spirit even from his mother's womb."—Now these things, no doubt, are recorded for our use and instruction. Taking then into consideration what has been advanced, any rational person must be convinced that the drinking of intoxicating liquor is injurious to both body and mind; that its effects in families are seen to be destructive of all social comfort; and its pernicious influence on the morals of the community is beyond what either the tongue can express or the pen describe. If then we value our health; if we wish to enjoy domestic comfort and see our children sober; if we have any regard even for the *temporal* happiness of society

in general, we shall never again suffer another drop of that baneful liquor to touch our lips. But when we consider that our own *eternal* happiness, and the eternal happiness of millions is at stake, it being declared in Holy writ that not only drunkards cannot inherit the kingdom of heaven, but that without holiness no man can see the Lord; we must allow that abstinence from those things which are calculated to grieve or quench the holy spirit, becomes an important religious duty. Let us therefore humbly desire to live continually under the influence of Jesus Christ and attend to this apostolic exhortation: "Whether ye *eat or drink*, or whatever ye do, do all to the glory of God."

Salford, March 29th, 1821.

I, the undersigned, do hereby certify that the
original of the above mentioned document is
now deposited in the National Archives at
College Park, Maryland, and that a copy of
the same has been furnished to the
proper authorities of the Government of
the United States of America, and that the
same is now in the possession of the
National Archives at College Park, Maryland.
Witness my hand and seal this 1st day of
January, 1911.

Very truly yours,
[Signature]
[Title]

VEGETABLE COOKERY.

ooo

SOUPS, &c.

1. *Pease Soup.*

STEEP a quart of split pease all night in soft water, put them in a pan with four quarts of water, let them boil gently till the pease be perfectly dissolved, then pulp them through a sieve, return the soup into the pan with the addition of two turnips, one large carrot sliced, a little celery, leeks, thyme, sweet marjoram, three onions, and a few pepper-corns; when sufficiently stewed, strain and add catsup and salt. Serve it up with fried or toasted bread, cut in small squares.

2. *Pease Soup.*

BOIL pease, turnips, carrots, celery, onions, leeks, and some sweet herbs in the requisite quantity of water. When sufficiently tender, strain them through a colander; then take quarter of a pound of butter rolled in flour, brown it, and add it to the soup, with two or three spoonfuls of catsup. Add

some cut turnips, carrots, leeks, and lettuce, after being separately boiled. Season with pepper and salt. To make it green, bruise some spinage, and strain the juice into the soup when about to be removed from the fire.

3. *White Pease Soup.*

TAKE half a pint of whole white pease, four large onions, a bundle of sweet herbs,* one head of celery, four leeks, one parsnip, one carrot, one turnip, three cloves, and two or three leaves of mace, and boil them in three quarts of water. When boiled down to two quarts, rub the ingredients through a coarse sieve, and put the soup again upon the fire, with a piece of butter rolled in flour. Having beaten three eggs into a pint of cream, put them gradually into the soup, which must not be suffered to boil. If agreeable some fried spinage and bread may be added.

4. *Pease Soup.*

TAKE a pint of whole pease, one carrot, half a small Savoy-cabbage, two heads of celery, some whole black pepper, a bundle of sweet herbs and two onions, with as much water as will make three quarts of soup. Boil these until the pease become perfectly tender, when they should be rubbed through a colander. Take two large handfuls of spinage, scald it, and beat it in a marble mortar; then rub it through a sieve. Take some lettuces, a little mint, four small green onions, or leeks, not

shred too small, and a little celery. Put these into a sauce pan with half a pound of butter and a little flour. Let them boil; then put the spinage and the herbs into the soup, and let them boil till sufficiently incorporated. A few heads of asparagus will greatly improve the soup.

Pease when split, lose much of their flavour, a circumstance not generally known.

5. *Green Pease Soup.*

TAKE a quart of old green pease, and put them into two quarts of water, with a sprig or two of mint. Boil till the pease become very soft, and then pulp them through a sieve. Put the pulp and water into a stew-pan, with a pint of young pease, two or three cucumbers cut into thick square pieces, lettuce stalks with the leaves cut off. Put to them a few ounces of butter. Salt and pepper to the taste. Boil gently or rather simmer over the fire. If not sufficiently green, add to the soup three spoonfuls of spinage-juice a few minutes before served up.

6. *Green Pease Soup.*

IN shelling the pease, separate the old from the young, and to a quart of old pease put a pint of water, an ounce of butter, a lettuce, two onions, pepper and salt, stew them till quite tender, pulp them through a sieve; then add two quarts more of water, the hearts and tender stalks of lettuces, the young pease, and a handful of spinage cut small, stew them till

quite soft. If the soup be too thin, or not rich enough, a little flour and butter may be added and boiled with it half an hour: have ready a little boiled mint and parsley to put in when you serve it up.

7. *Green Pease Soup.*

To three pints of well grown pease put three quarts of water, a little salt, and a piece of white bread, let them boil till they be quite soft, then pulp them through a sieve, stew three or four lettuces, and three onions sliced, with half a pound of butter, put all together and let it boil, season with pepper and salt, add a little chopped mint and parsley, have ready a pint of young pease, separately boiled, to put in just before you serve it up.

8. *Green Pease Soup*

To a gallon of water, put a quart of full grown pease, three onions, a head of celery, one carrot, half a turnip, a sprig of mint, and a few pepper-corns. Let them boil till the ingredients become quite soft, and after being strained and pressed through a hair-sieve, put into a stew-pan some cucumber that has been previously fried, and quarter of a pound of butter rolled in flour; when the butter is melted, pour it and the cucumber together into the soup, with a cabbage-lettuce sliced, and a pint of young pease. Stew all together till the soup is of a proper thickness, taking care to stir it very often. Serve it up hot.

9. *Green Pease Soup, with Rice.*

PUT two quarts of old pease into a stew-pan with a few spoonfuls of water, a lump of butter, two, or three sliced onions, one carrot, a turnip and a head of celery. Stew these together for the space of fifteen minutes, taking care that the ingredients do not burn. Then add, by degrees, the required quantity of water with a spoonful or two of catsup till all the vegetables have become so tender as to be rubbed through a coarse sieve, season to the taste, and add to the soup so strained, a large handful of spinage, separately boiled, and rubbed through along with the pease and other ingredients. The soup being so far prepared, add to it four or five spoonfuls of rice boiled very tender; then take five or six yolks of eggs, and after beating them with about half a pint of cream, strain through a sieve and mix it with the soup, stirring it about half a minute; without permitting it to boil, as in that case it would instantly curdle.

Should it be thought too rich, the eggs and cream may be omitted.

10. *Green Pease Soup.*

FLOUR, and fry a quart of green pease, four onions, a carrot, a turnip and a parsnip, then pour on them three quarts of water. Let it simmer till the whole will pulp through a sieve. Then boil in it the best of some celery cut thin.

11. *Dried Green Pease Soup.*

To one quart of green dried pease, put three quarts of soft water, four onions sliced, floured and fried in fresh butter, the coarse stalk of celery, one carrot, a turnip and a parsnip with some whole pepper and a little mace, these must stew gently till they will pulp through a sieve, have ready a handful of beets and some of the root sliced, some celery and spinage which must be first blanched and stewed tender in the strained liquor; when the soup is ready, add the third of a pint of spinage juice which must be stirred in very cautiously, for if it be suffered to boil it will curdle, a crust of bread and some tops of asparagus may be added.

12. *Gray Pease Soup.*

To five quarts of water, put two of pease, three large onions, two heads of celery, some crust of bread, a little thyme and some sage, let it boil three hours, then strain it through a cloth, thicken with flour and butter, give it another boil, have ready some fried onions dried sage rubbed fine, some salt and pepper, and pour the soup over them and serve it up.

13. *A good and cheap Pease Soup.*

STEEP a quart of pease in soft water twelve hours, put them in a stew-pot with six quarts of water, cover the pot close and set it in the oven, let them stew till quite soft, stirring them frequently; then

rub them through a coarse sieve or colander, return the soup into the stew-pot and put in a handful of chopped parsley, some leeks, onions, and beets coarsely chopped, pepper and salt to the taste; let them stew all together an hour, then work a table-spoonful of flour with six ounces of butter, stir it in the soup till the butter be melted, let it boil, then serve it up with toasted bread cut in small squares.

14. *Pease Soup.*

To a quart of split pease or three pints of whole pease, take two large carrots sliced, four or five good-sized turnips, six onions, and the outside stalks of two heads of celery made very clean, put them in a stew-pot that will hold twelve quarts, fill it up with soft water (steam water is preferable), cover it with a plate and tie a paper over that; set it in the oven all night: in the morning slice two turnips, one carrot, the white part of the celery and two onions, or a few sweet leeks, melt two ounces of butter in a sauce-pan, and stew the vegetables in it with about a tea-cupful of water till quite soft, then pass the soup through a coarse sieve or colander mashing the vegetables, and pressing them with a wooden spoon, then put the soup into a pan with the stewed vegetables, salt and pepper, and two ounces more of butter with a little flour worked in it, stir it till the butter is melted, and when it boils it will be ready for use. Serve it up with thin toasts of bread. A little mint dried and powdered may be added.

15. *Pease Soup.*

TAKE the water in which pease have been boiled and add to it some flour and butter; also a little pepper and salt. Let this boil till the rawness of the flour be gone. Add to it, when served up, a small portion of good cream with some of the pease. Split pease are preferable to whole pease, although the former are much dearer; they impart their virtues much more freely in the process of boiling. It often happens that the whole pease are with difficulty made to burst, and sometimes cannot be made to do so at all. To remedy this defect, they should be first steeped in water a few hours, and then put into a sieve to dry for twelve hours more. The boiling water will afterwards soon soften them. Pease that burst with difficulty, should be broken in a mill.

16. *Pease Soup.*

PUT a quart of pease in a pan with some butter, a handful of parsley, a few shalots and some salt, shake them well over the fire till half done, then cover the pan and let them steam half an hour stirring them occasionally. When the pease are soft crush them in a bowl or marble mortar, and pulp them through a sieve. When ready to serve, mix the pulp with a soup of vermicelli, or rice made in the common way.

17. *A Soup Maigre.*

MELT five ounces of butter in a stew-pan with a little flour and water, when hot, slice into it four good-sized onions, and shake the pan well over the fire for five minutes; cut very small four or five roots of celery, two handfuls of spinage, a cabbage lettuce, and a bunch of parsley; put them into the pan with the onions. Set it over the fire till the vegetables are pretty well done, stirring them very often; then mix in a little flour, some Cayenne pepper, salt, some crusts of stale white bread, and two quarts of boiling water; stir the whole well together, and let it stew half an hour. Before you serve it up, add the yolks of two eggs well beaten, and a spoonful of vinegar but do not set it again on the fire. The green part of asparagus is very nice cut into this soup with the other vegetables.

18. *Maigre Soup.*

TAKE six ounces of butter, cut it in pieces and put it in a stew-pan, set it over the fire to brown a little, then take three or four onions sliced, three heads of celery, two handfuls of spinage, a small cabbage, two or three turnips, two cabbage-lettuces, parsley, pepper and salt to your taste; stew these gently about half an hour, then put to them two quarts of water, let them simmer till the roots become quite tender, when any part of them may be taken out.

19. *Another.*

TAKE some middling-sized onions, a handful of lettuce cut small, two heads of celery, and one turnip. Slice them very thin, and fry them in quarter of a pound of butter till they are brown. Put them in a pan with four quarts of boiling water, pepper, salt, and mace, and two French rolls, boil all together till the bread be reduced to a pulp; then strain through a hair sieve, and set it again on the fire, skim it well and thicken it with the yolks of three eggs. When sent to table add fried bread cut small, or a roll.

20. *White Soup.*

PUT into a clean pan three quarts of water, the crumbs of a two-penny loaf, with a bundle of sweet herbs, some whole pepper, two or three cloves, an onion cut across and a little salt, let it boil covered, till it be quite smooth; take celery, the white part of endive and lettuce, and two turnips, cut them in pieces, not too small, boil them, strain the soup off into a clean pan, put in the herbs with a good piece of butter stirred in it till melted, then let it boil till very smooth, skim it, soak a small roll (rasped) in a little of the broth, put it in the tureen and pour the soup over it.

21. *Brown Onion Soup.*

PARE and slice ten large onions, fry them in butter till they be a nice brown and very tender, then lay

them in a sieve to drain out the butter ; when drained, put them in a pan with five quarts of boiling water, boil them one hour and stir them often, then add pepper and salt to your taste ; rub the crumbs of a penny-loaf through a colander, put it to the soup, stir it well and boil it two hours more ; ten minutes before you serve it up, beat the yolks of two eggs with two spoonfuls of vinegar and a little of the soup, pour it in by degrees, stirring it all the time one way, but do not let it boil.

22. *Cucumber Soup:*

PARE and slice five or six cucumbers, and add to them the inside of as many cos-lettucees, a sprig or two of mint, three onions, pepper and salt, a pint and half of young pease, and a little parsley, put them, with six ounces of butter, into a pan, to stew in their own liquor near a gentle fire three quarters of an hour, then pour two quarts of boiling water to the vegetables and stew them two hours ; dust a little flour into a tea-cupful of water, stir it into the soup and boil it fifteen or twenty minutes longer, then serve it up.

23. *Soup Maigre.*

PUT quarter of a pound of butter in a pan, set it on the fire, and shake it round till melted ; put in six sliced onions and shake the pan well for two or three minutes ; add five heads of celery, two handfuls of spinage, or a little chervil, some pot mar-

joram, two cabbage-lettuces cut small, and some parsley; shake the pan well over the fire ten minutes; then put in two quarts of water and some crusts of bread; let it boil gently for an hour; add Cayenne pepper and salt to the taste.

24. *Egg Soup.*

BREAK the yolks of two eggs into a dish with a piece of butter the size of an egg; take a tea-kettle of boiling water in one hand, and a wooden spoon in the other, pour in about a quart by degrees, stir it all the time till the eggs be well mixed and the butter melted; then put it in a saucepan, set it on the fire, and continue stirring it till it begin to simmer; then take it off the fire and pour it between two vessels, out of one into another till it be quite smooth, and have a great froth; season it, set it on the fire again, and keep stirring it till it be quite hot; it is then ready for serving up.

25. *Turnip Soup.*

PARE six or seven turnips, put them into a gallon of water, with some white pepper, an onion with a few cloves stuck in it, a bunch of sweet herbs, some mace and a large crust of bread; let them boil an hour and a half; strain it through a sieve; take four or five heads of celery cut into small pieces, put them in with two whole raw turnips, and two young carrots cut in pieces, cover them close and let them

stew; cut some turnips and carrots in dice, flour and fry them brown in butter, with two large onions cut thin, put them into the soup with an ounce of vermicelli, let all stew till the celery is tender, and the soup good: add salt to the taste.

26. *Brown Soup.*

PUT into a clean pan three quarts or more of water with raspings of bread to thicken it, about a small tea-cupful to a quart, two or three onions sliced, some whole pepper and salt, cover it close and boil an hour and half; strain it through a sieve; cut some celery, endive, lettuce, spinage, and any other herbs you like, fry them in butter, put a piece of butter with a dust of flour, into a clean pan, set it on the fire, stirring it till of a fine brown, then put in the herbs and soup, boil it till the herbs be tender, and the soup of a proper thickness; serve it up in a tureen, with fried bread cut in dice.

27. *Spring Soup.*

TAKE a pint of young pease, some chervil, sorrel, young green onions, parsley, lettuces, spring carrots and turnips sliced, stew them in some butter and a few spoonfuls of water till tender; when done, pulp it through a sieve, add what quantity of water you like, season with pepper, mace and salt.

28. *Herb Soup.*

TAKE a crust of bread, and about quarter of a pound of fresh butter, put them into a soup-pot or stew-pan, with a good quantity of herbs, as beet, sorrel, leeks, chervil, lettuce and purslain, all washed clean and coarsely chopped, put to them a quart of water, and let them stew till reduced to one half, when it will be fit for use.

29. *Hop-Top Soup.*

TAKE a large quantity of hop-tops about April or the beginning of May when in greatest perfection, tie them twenty or thirty in a bunch, lay them in spring water an hour or two, drain them well and put them into some thin pease soup; boil them well, and add three spoonfuls of the juice of onions, some pepper and salt, let them boil some time longer; when done, soak some crusts of bread in the broth, lay them in the tureen and pour in the soup.

This is a plain, but very good soup.

30. *Barley Soup.*

FIVE and a half ounces of barley, five ounces of pease, eighteen ounces of potatoes, five and a half ounces of crusts of bread, salt, and vinegar, to the taste; water in proportion to the consistency most palatable. This soup may be improved, if necessary, by frying the bread in butter, by which it is not only rendered much harder, but being impregnated with

an oily substance, remains hard after put into the the soup. The bread may be cut in pieces the size of large pease, or in thin slices ; and after it is fried, it may be put into the dishes, and the soup poured on when it is served. This soup may likewise be improved, by mixing with it various kinds of roots and green vegetables, as turnips, carrots, parsnips, celery, cabbages, sour-cROUT, &c. as also by seasoning it with herbs and black pepper.

31. *A very cheap Soup.*

TAKE eight gallons of water, and mix it with five pounds of barley-meal, boil it to the consistency of a thick jelly. Season it with salt, pepper, vinegar, sweet herbs, and crumbs of strong cheese. Instead of bread, add to it five pounds of Indian corn made into samp. — SAMP is Indian corn deprived of its external coat by soaking it ten or twelve hours in a lixivium of water and wood-ashes.

32. *Brown Soup.*

TAKE a small piece of butter and put it over the fire in a clean iron pan ; put to it a few spoonfuls of wheat or rye meal ; stir the whole about briskly with a broad wooden spoon till the butter is melted and the meal be uniformly of a deep brown color ; great care being taken by stirring it continually, to prevent the meal from being burned to the pan. A very small quantity of this roasted meal (perhaps half an ounce would be sufficient), being put into a sauce-

pan and boiled with a pint and a quarter of water, forms a portion of soup, which when seasoned with salt, pepper, and vinegar, and eaten with bread cut fine, and mixed with it at the moment it is served up makes a palatable kind of food. This soup may be made in a short time, a few minutes being sufficient for boiling it.

33. *Soup made at Iver, in Bucks.*

TAKE two gallons and a half of water; a quart of split pease, previously soaked for twenty-four hours; two pounds of potatoes which have been well boiled the day before, skinned and mashed; herbs, salt, pepper, and two onions; and boil them very gently together for five hours, covering it closely up, and allowing as little evaporation or steam from it as possible. Then set it by to cool. It will produce rather better than two gallons of soup, and, if properly made, there will be no sediment; but the whole will be blended and mixed together, when it is warmed for use.

34. *A Carrot Soup.*

TAKE twelve carrots, and after scraping them clean, rasp them to the core, which must not be used. Four heads of celery cut small, two large onions and a handful of spinage shred, a little sorrel, or juice of lemon, and a few pepper-corns. Stew these in quarter of a pound of butter over a stove very slowly, and keep stirring them till the roots and herbs become soft, then pour in three pints of water with the soft part

of a roll, boil till the bread has become very soft, then strain through a sieve. Put the soup, so strained, into a saucepan, boil it slowly and skim it frequently. A soup prepared in this manner should be about the thickness of cream.

35. *Carrot Soup.*

SLICE six large onions into a stew-pan with quarter of a pound of butter and four heads of celery; grate the red part only of six large carrots, put it in the pan with a pint of water over a slow fire, let it simmer an hour, then put two quarts more water and a little catsup and butter if requisite, and the crumbs of two rolls; let it boil quarter of an hour then rub it through a sieve, return it into the pan and make it hot but do not let it boil.

36. *Spinage Soup.*

SHRED two handfuls of spinage, a turnip, two onions, two carrots, a head of celery, a little thyme and parsley. Put all into a stew-pot with a little butter the size of a walnut, and a pint of maigre broth, stew till the vegetables are quite tender; work them through a sieve with a wooden spoon, return the soup into the stew-pot or a pan, and add a quart of water, pepper and salt; boil all together and it will be ready for use. The green part of asparagus boiled a little, and cut about the size of pease is a great improvement.

37. *An Onion Soup.*

MELT half a pound of butter in a stew-pan, shake it well on the fire till it has done hissing, slice in six middling-sized onions, and keep shaking the pan over the fire five or six minutes, add four heads of celery cut small, a handful of spinage, a cabbage-lettuce and some parsley, all finely shred, shake these well in the pan twenty minutes, stir in a little flour, and pour two quarts of boiling water into it with some stale crusts of bread, a little beaten mace, pepper and salt; stir all together and let it boil gently three quarters of an hour, then take it off the fire and stir in two well beaten yolks of eggs and a spoonful of vinegar, and it will be ready for use.

38. *Kidney Bean Soup.*

TAKE a handful of sorrel, chervil and a lettuce; wash and drain through a sieve, chop them very fine and put them in a saucepan. Boil quarter of a peck of white kidney beans and with the broth moisten the herbs; rub one half of the beans through a sieve and mix with the soup; when it has boiled a few minutes add the yolks of four eggs and a quarter of a pound of fresh butter: season to the taste and pour it on bread cut small.

39. *Potato Soup.*

PEEL and slice six large onions, six potatoes, six carrots, and four turnips; stew them in half a pound

of butter, and pour on them four quarts of boiling water; put some celery, sweet herbs, white pepper, and salt to the above; stew it all gently four hours, then strain it through a coarse cloth; have ready onions, celery and sage, add them to your taste, rub down a little flour into a tea-cupful of water, boil it with the rest fifteen or twenty minutes, and serve it.

40. *A Common French Soup.*

PUT some thin slices of toasted bread or dry crusts in a soup-dish, moisten them with boiling maigre broth, when soaked, add as much more broth as will make the bread swim easily, but do not boil the bread with the broth. Herbs may be added if preferred.

41. *Vermicelli Soup.*

BLANCH six ounces of good vermicelli by putting it on the fire in cold water, let it boil up, then strain it off and put it into cold water, for if left to drain hot it becomes lumpy, drain it quite dry from the cold water, put as much new milk or thin cream as you want soup, and let it boil; to two quarts of soup take six yolks of eggs beat them very well, and add by degrees a pint of boiled cream, strain it through a sieve and add a spoonful of catsup, take the soup off the fire and stir in the eggs and cream, put it on the fire again stirring it till it is ready to boil, then take it off the fire, and add a small lump of sugar and some salt.

42. *Another Vermicelli Soup.*

PUT as much maigre broth strained through a lawn sieve into a pan as you want soup, boil it, and put in your vermicelli prepared as in the preceding receipt, let it boil quarter of an hour, then take it off the fire that it may not be too much broken, and that the soup may be clear and not thick.

43. *Rice Soup.*

PICK half a pound of Carolina rice, wash it four or five times in lukewarm water (rubbing it well) and then in cold, add plenty of maigre broth that your rice may not become pap; boil it two hours over a slow fire to acquire a good color; then add two spoonfuls of thick cream, and it is ready for use.

44. *Another Soup.*

MELT quarter of a pound of butter in a pan that will hold three quarts, fill it about half full with turnips and carrots cut into pieces rather larger than dice; set them on the fire for a quarter of an hour shaking them well frequently; then add as much water as will nearly fill the saucepan, and after letting it stew for an hour slice in three large onions, and put in a little rice: stew it together two hours longer; about quarter of an hour before it is served up, stir in a tea-cupful of the raspings of bread, some salt and Cayenne pepper.

These preparations are best done over a small

charcoal fire, taking particular care that they stew very gently.

45. *Savoy Soup.*

TAKE four good-sized Savoy cabbages, cut them in quarters and about half boil them, strain the water off, and when they are cool squeeze them as dry as possible, then put them into a pan with as much maigre broth as will cover them, set them covered close on a moderate fire and let them stew two hours, melt quarter of a pound of butter in a frying-pan with a little flour stirring it till it is a fine brown, then put in two onions sliced, and when they are fried a nice brown, pour in a quart of maigre broth, let it stew a few minutes then pour it into the soup-pan, lay some crusts of French roll in the dish or tureen and pour the soup upon them.

46. *Rice and Lentil Soup.*

FIRST mske a good maigre broth with cabbages, turnips, onions, carrots, parsnips, sweet leeks and celery of each in proportion to its strength and half a pint of pease. While the broth is preparing put half a pint of lentils into a small pan and stew them in a little water; when soft pulp them through a sieve. Wash quarter of a pound of rice very clean and stew it with a piece of butter and some of the maigre broth strained quite clear, when it is ready add to it the lentil cullis or pulp and season well. If too thick put in some more of the broth. The

lentil cullis may be made by stewing the lentils in maigre broth instead of water till quite soft then pulp them through a sieve and add seasoning to the taste.

47. *Green Bean Soup.*

BOIL some beans when they begin to be mealy, skin and bruise them in a bowl or marble mortar till quite smooth, put them in a pan with some maigre broth, quarter of a pound of butter rolled in flour, pepper and salt to the taste. Boil some parsley and spinage, rub it through a sieve into the soup to make it a nice green. Serve it up with fried or toasted bread. Other vegetables such as leeks, onions, lettuces, turnips and celery may be added if approved.

48. *Chesnut Soup.*

CUT two carrots, a parsnip, a root of celery, and three sweet leeks into small pieces, put them into a saucepan with three onions sliced, half a clove of garlic, two cloves and a piece of butter; shake them over the fire till they are a little brown, without letting them burn; add some water and boil them an hour, then strain the broth through a sieve and season it with salt. Take a hundred large chesnuts or a hundred and fifty small ones, strip off the outward skin and put them over the fire in an iron pan, shaking them constantly till the second skin comes off; when they are picked quite clean, stew them with some of the broth, then bruise and pulp them through a

sieve, moistening them with the broth they were stewed in; heat the remainder of the broth and when ready to serve mix the other into it.

49. *Milk Soup.*

TAKE two quarts of new milk, some cinnamon, two bay-leaves, a little salt, and a very little sugar; blanch half a pound of sweet almonds, and while the milk is heating, beat them to a paste in a marble mortar, mix a little milk with them by degrees, then put them in a saucepan on the fire with a little grated lemon-peel and a little of the juice, then strain it through a coarse sieve and mix it with the milk in the soup-pan and let it boil up. Cut some slices of French roll and dry them before the fire, soak them a little in the milk, lay them at the bottom of the tureen and pour in the soup.

50. *Milk Soup.*

BOIL a pint of milk, with a little salt, and, if you choose, sugar; arrange some sliced bread in a dish; pour over a part of your milk to soak it, and keep it hot, taking care that it do not burn. Beat up the yolks of five eggs, and add them to the remainder of the milk just when you are going to serve it up.

Or,

BOIL three pints of milk with a bit of lemon-peel, a few coriander seeds, a bit of cinnamon, a little salt, and about three ounces of sugar, till it be

reduced to one half; strain it, through a sieve, and finish your soup as before.

51. *Bread Soup.*

PUT a quart of water on the fire, with as much dry crust of bread cut to pieces as the top of a roll (the drier the better), and a bit of butter. Boil, beat it with a spoon, and keep boiling till the bread and water be mixed; season it with salt: it is very good for a weak stomach.

52. *A Seasoning Powder for Soups, &c.*

TAKE of mustard-seed, scorched, and finely powdered,			1 $\frac{1}{2}$ oz.
Coriander seed,	in powder,		4 $\frac{1}{2}$
Black pepper,	ditto		3
Cayenne pepper,	ditto		1
The lesser cardamoms,	ditto		1
Ginger,	ditto		$\frac{1}{2}$
Cinnamon,	ditto		1
Cloves,	ditto		$\frac{1}{2}$
Mace	ditto		$\frac{1}{2}$

Mix the powders well together, and put them into a wide-mouthed bottle for use.

53. *Scotch Broth.*

TAKE four ounces of Scotch or pearl barley, a few groats, a stale crust of the top of the loaf, five ounces of butter, two quarts of water, boil them one

hour and a half, then take two turnips, two carrots, cut them small, boil them, keep adding a little water as it boils; then take either potherbs, or greens cut small, boil all up together, put salt in before you put in your greens.

54. *English Broth.*

TAKE two quarts of water, five ounces of butter, a stale crust top of your loaf, a very few groats, boil them one hour, keep adding water, two or three carrots, rasp them, boil them well, take thyme, leeks, celery, marigolds, boil them well, toast your bread pour it on. A little catsup may be added.

55. *Maigre Broth.*

HALF fill a saucepan with whatever vegetables are most approved, and some seasoning herbs, add water nearly to fill the pan and let it boil till the vegetables are quite soft, then strain it off and keep it for use as wanted. It will not keep good more than two days and the fresher it is used the better. It is much used by the French in making soups.

56. *Brewis.*

CUT some bread in thin slices (they may be toasted if preferred), pour some boiling water upon them and cover the basin with a plate, let it stand a few minutes, then stir in a lump of fresh butter, add salt to the taste. Oatcake cut in squares is very good in brewis.

57. Pease Porridge.

PUT a quart of green pease, a small bundle of dried mint, and a little salt into a quart of water; let them boil till the pease be quite tender, then put in pepper, and a little butter (the size of a walnut) rolled in flour, stir all together, and let it boil a few minutes; add two quarts of milk, and let it boil a quarter of an hour longer: take out the mint, and serve it up. Water or maigre-broth may be used instead of milk, if preferred.

58. Onion Porridge.

CUT about a dozen middling-sized onions into slips, put them into a saucepan with a piece of butter; shake them over the fire till they are done enough, and lightly coloured; moisten them with some water or maigre-broth, if you have any prepared; add some salt and pepper, boil it two minutes, and afterwards simmer it a little with some thin slices of bread toasted and put in.

59. Celery-Porridge.

CUT some celery and endive small and stew them well in some maigre-broth, when quite tender add a little butter browned, and a little flour if requisite, stew them ten minutes longer and serve it up with fried sippets of bread, or a slice laid at the bottom of the dish.

60. *Gourd Porridge.*

PARE a quarter of a middling-sized gourd, and clear it from the seeds and the substance which hangs about them; then cut it into small pieces and put it into a saucepan with some water, and stew it till reduced to a pulp; stir in a piece of butter the size of an egg and a little salt and set it over the fire again for a few minutes. Boil a pint of milk with sugar to the taste and pour it to the gourd. Lay some slices of bread in a dish, moisten them with some of the gourd-soup, cover the dish and set it upon some embers for quarter of an hour to soak the bread, but it must not boil; then pour the remainder of the soup upon it very hot.

OBSERVATION.

Any of these soups may be varied at pleasure by changes amongst the vegetables. Those of our culture the best suited to the purpose, both of the larger vegetables and herbs for seasoning, are,

Asparagus	Clary
Beet-leaves green and white	Celery
Basil	Coriander
Borage	Cucumbers
Bingloss	Chives
Burnet	Dill
Carrots	Endive
Chervil	Fennel
	Hamburgh Parsley

Leeks	Pennyroyal
Lettuce	Potatoes
Lemon-Thyme	Purslain
Lovage	Salsify
Marigold	Sorrel
Marjoram	Spinage
Mint	Winter-Savory
Onions	Tarragon
Parsnips	Thyme
Parsley	Tomatoes
Peas	Turnips.

The peasantry in France make a very simple porridge of the largest thick-rinded gourds, by putting them into an oven till they are softened to a pulp; they then cut a slice off the top and stir up the pulp in the rind as in a dish, adding a little seasoning, such as salt, oil, vinegar or sugar, &c. This eaten with bread is a frequent meal with them.

It is very common in France, amongst all classes of people to dress cauliflowers and French beans to eat cold as salads with a sauce of oil, vinegar, salt and pepper.

In some parts of France, raw salads, composed entirely of herbs growing wild in the fields, are in frequent use, and called for distinction, rural salads.

OMELETS, FRITTERS, &c.

61. *Omelet.*

TAKE the yolks of eight eggs and the whites of four, beat them well, and after adding some chopped parsley, a little thyme, shalots or sweet leeks, pepper and salt, beat them five minutes longer, then add quarter of a pint of cream and about one ounce of butter broken into small pieces: melt some butter in a frying-pan and pour in the omelet stirring it about till it begins to set, then gather it up together with a knife or a small slice into an oval or round form according to the form of your dish. Serve it up quite hot with a little brown gravy round the edge of it.

62. *Omelet.*

BEAT six eggs, add some chives or leeks, pepper and salt; mushrooms, shalots, young onions chopped fine, or a little asparagus may be added at pleasure. It may be either fried or baked in a quick oven.

63. *Omelet.*

TAKE four or six eggs, beat them well; add one onion cut small, one table-spoonful of bread-crumbs

and a little sage ; mix all together and season with pepper and salt, fry it either the size of the pan, or in fritters : cut three or four onions, fry them and lay them round the omelet, serve them up with brown gravy.

64. *Omelet.*

TAKE of beet, or spinage and parsley, a good handful, a little leeks and lemon-thyme, chop them all together, season with pepper, salt, and a little grated nutmeg, mix it up with a large spoonful of flour and four spoonfuls of milk, then beat up three eggs and put in, and just before you put it in the oven, melt two ounces of butter and mix with it. Half an hour will bake it in a quick oven.

65. *Fried Omelet.*

MAKE a batter of eggs, a little milk, and a very little flour ; put to it chopped parsley, green onions or chives (the latter is best), or a very small quantity of shalot, a little pepper, salt, and a scrape or two of nutmeg ; make some butter and olive-oil boil in a small frying-pan, and pour the above batter into it ; when one side is of a fine yellow brown, turn it and do the other. Double it when served up.

66. *Omelet.*

MELT three or four ounces of butter in a dish, add six well beaten eggs, strew a little parsley over, cut small, season with pepper and salt and bake it in

a quick oven ; serve it up with brown gravy ; a little asparagus is a great improvement, keep the water that the asparagus was boiled in for making your gravy.

67. *Onion Fritters.*

PARE three large onions, boil them a little, chop them small ; mix two eggs and two spoonfuls of milk with a large spoonful of flour, then put in the onions and a little salt, beat it well together ; fry them in olive-oil and butter over a moderate fire till they be of a light brown. Serve them up with brown gravy with a few pickled mushrooms in it or half a tea-spoonful of lemon pickle.

68. *Another.*

CHOP small four middling-sized onions, fry them a nice brown, mix them with some bread crumbs, a tea-spoonful of powdered sage, pepper and salt, beat four eggs very well and put in ; then mix all well together and fry the fritters in olive-oil and butter over a quick fire. Reserve about a third part of the fried onion to put in the dish with brown gravy. Apple-sauce and mustard are a great improvement to this dish, also a little powdered sage put into the gravy.

69. *Omelet.*

BREAK any number of eggs, and beat them well with some salt and pepper ; melt some butter in a

frying-pan, put in the eggs and fry the omelet a fine brown underneath; it must not be turned in the pan, fold one half over the other and put it on a dish the brown side outward.

70. *Force-meat Balls and Eggs.*

RUB a piece of butter the size of an egg in about quarter of a pound of bread-crumbs, add a little chopped parsley, leeks, sweet-marjoram, or winter savory, and lemon-thyme, a little grated nutmeg, pepper, and salt; mix all very well together with two eggs beaten to a froth, make it up in balls and fry them in oil and butter; put them in a dish with some eggs boiled hard, cut in quarters, or cut across in three and fried with the balls, pour over them gravy, made in the following manner:

Brown some good olive-oil and butter in the frying-pan with a little flour dredged in it when of a fine brown, put in hot water to make it of a proper thickness, a little parsley boiled and chopped fine, pepper and salt and a little grated nutmeg, boil it well and serve it up.

71. *Brown Gravy.*

TAKE two or three ounces of butter, and one table-spoonful of flour; put them together in a frying-pan, keep stirring it over a slow fire till it is of a darkish brown, then put in the water to a proper thickness, and season it with pepper and salt and a little mushroom catsup if approved.

72. *A Substitute for Gravy.*

To half a gill of ginger-beer put a gill and a half of water with an onion sliced in it, a little salt and whole pepper, brown a little butter and a dredge of flour in the frying-pan, then pour in the mixture with the addition of catsup if approved, when well boiled strain it.

73. *A Dish of Eggs and Bread.*

BEAT the yolks of five eggs and the white of one, mix as much bread-crumbs as will make it a stiff batter, and a little salt, put it in a small oval dish buttered, and set it in the oven about quarter of an hour; melt some butter in a frying-pan, and turn the substance out of the dish into it having ready the whites of the five eggs and one yolk beaten to pour over it keeping it to one side of the pan as much as possible, when browned, turn and brown it on the other side. Serve it up with brown gravy in the dish and onion-sauce in a boat.

74. *A Savoury Dish of Force-meat.*

BOIL some eggs hard, take out the yolks and mash them with a little butter, add some bread-crumbs, some chopped parsley, beets, and sweet leek or a little onion, pepper and salt, mix them up with well-beaten eggs, till it will adhere together. Melt a little butter in a Dutch oven, then put in the force-meat and roast it before the fire till of a good

brown, basting it now and then with a little butter, when done serve it up with brown gravy, to which may be added the whites of the eggs, cut as for egg-sauce, if approved.

75. *Onion and Sage Fritters.*

TAKE three large onions about half boil them in two waters and some sage, chop them small and season well with pepper and salt, mix them with some bread-crumbs. Beat three or four eggs and mix all together; fry it in fritters and serve with brown gravy.

76. *Rice Fritters.*

BOIL two ounces of the best rice in water till quite tender; strain it and mash it a little with a wooden spoon, add two well-beaten eggs, a little salt and pepper, fry it in fritters a nice light brown, serve it up with crisped parsley, and melted butter or brown gravy in a boat.

77. *Omelet.*

MAKE three omelets very thin, of three eggs each seasoned with pepper, salt, chopped parsley, and a little sweet leek or shalot, spread it in the pan as much as possible, cut each omelet in two and rub them over well with beaten egg, and strew them over with bread-crumbs, then fry them to a good color. Serve them with mint sauce or crisped parsley and brown gravy in a boat.

78. *Force-meat.*

BREAD-crums, butter, either rubbed in the bread or melted, parsley, chives or sweet leeks, mushrooms chopped, two raw eggs, salt, Cayenne pepper, and quarter of a pint of cream: mix all well together.

EGGS, &c.

79. *Eggs.*

BOIL them hard and take out some of the yolks whole, and cut the rest in quarters, yolks and whites together. Set on a little water with a spoonful of catsup, and a little shred thyme and parsley in it; when it has boiled a few minutes, put in your eggs with a little grated nutmeg, and shake them up with a piece of butter till it be of a proper thickness. Serve it up hot.

80. *Eggs with Lettuce.*

SCALD some cabbage-lettuce in water, squeeze them well, then slice them and toss them up in a saucepan with a piece of butter; season them with

pepper, salt, and a little nutmeg. Let them stew half an hour, chop them well together, when they are enough, lay them in your dish, fry some eggs nicely in butter and lay on them.

81. *A Dish of Eggs.*

BOIL eggs very hard, and cut off the thick ends. Fry them in a little butter, and take care to keep them continually in motion. Then place them in the dish on the thick end, and pour over them some good herb gravy, which must be brown. Garnish with lemon and what was cut off the ends.

82. *Eggs with Sorrel.*

BOIL some sorrel, strain it well, put it in a saucepan with a piece of butter, shake it round till the butter be melted; then put it in a dish, with some bits of toast fried a light brown, and lay poached eggs on the sorrel.

83. *Eggs with Onions and Mushrooms.*

WHEN you have boiled the eggs hard, take out the yolks whole, and cut the whites in slips, with some onions and mushrooms. Fry the onions and mushrooms, throw in the whites, and turn them about a little. Flour the onions and put to them a little mushroom catsup. Boil this up, then put in the yolks, and add a little pepper and salt. Let the whole simmer for about a minute, then serve it up.

84. *Eggs Hashed.*

BOIL eggs hard, slice them, fry an onion sliced in butter ; put in the eggs with a little flour and water, cream, chopped parsley, pepper and salt. Serve them hot.

85. *Fried Eggs with Parsley.*

BOIL some eggs hard, slice and fry them with olive-oil and butter, brown in a little butter in the pan with a very little flour dusted in it, pour in a little water and salt, let it boil and pour it on the eggs. Garnish it with fried parsley.

It is very good with parsley-sauce instead of fried parsley.

86. *Fricassee of Eggs.*

BOIL some eggs hard, slice them ; take a little flour and water, a little cream, butter, nutmeg, salt, pepper, chopped parsley, and a few pickled mushrooms, boil it up, and pour it over the eggs, with a hard yolk in the middle of the dish and toasted sippets.

87. *Buttered Eggs.*

BEAT some eggs, set them over the fire with a little cream, butter and salt, stir it till it thicken, then pour it on buttered toast. Boiled spinage laid round the eggs is a great improvement.

88. *Buttered Eggs.*

BEAT five eggs, put three ounces of butter in a basin and set the basin in boiling water till the butter be melted, then pour the butter and eggs into a saucepan, hold it over a slow fire shaking it one way, as it begins to warm ; pour it into a basin and back, then hold it again over the fire, stirring it constantly and pouring it into the basin more perfectly to mix the egg and butter, until they be hot without boiling. Serve it on toasted bread.

89. *Scotch Eggs.*

BOIL hard five pullet's eggs, and without removing the white, cover completely with a good force-meat ; fry the whole to a fine light brown, and serve with brown gravy in the dish.

90. *Fried Eggs.*

BOIL some eggs hard, slice them, fry them quick in butter, lay them on a dish before the fire ; brown a little butter in the pan, and mix a little flour and water, with a few young onions or eschalot chopped small, pepper, salt, and grated nutmeg, boil this up. If not thick enough, mix a little flour with a bit of butter : give it a boil and pour it over the eggs.

91. *Eggs with Cucumbers.*

PEEL some cucumbers, cut them in half, take out the seeds, slice them and some onions, steep them

in salt and vinegar an hour; dry and fry them; when a little brown, flour them; put in a little water and let them stew. The sauce must not be thin, if not tart enough.

92. *Asparagus and Eggs.*

CUT some asparagus (that has been previously boiled) the same as for peas, break six eggs into a basin, beat them up, put a little pepper and salt, and the asparagus into a stew-pan with two ounces of butter, and keep stirring it all the time it is on the fire; when it becomes thick, it is done; then put a toast on the dish, and the eggs and asparagus upon the toast.

N. B. This should be served up immediately when done, for if it be permitted to stand it will not be good.

93. *A Ragout of Eggs.*

BOIL eight eggs hard, then shell and cut them in quarters. Have ready a pint of good herb gravy, well seasoned, and thickened over the fire with two ounces of butter rolled in flour. When quite smooth and hot, pour it over the eggs, and serve them up.

By using cream instead of gravy, putting in two ounces more of butter and omitting the flour, this will make a fricassee.

94. *Ragout of Eggs and Mushrooms.*

TAKE some large mushrooms, peel and scrape them clean, put them into a saucepan with a little salt, cover them and let them boil a little, then put in a gill of milk, an ounce of butter rolled in flour, seasoned with mace and nutmeg; boil it till it be of a good consistency. Have ready six hard-boiled eggs, take out the yolks whole. Put some toasted sippets on a dish, and the yolks upon them, then pour over them the whole of your ragoo.

95. *Eggs with Cheese.*

PUT a quarter of a pound of grated Swiss cheese into a saucepan with a piece of butter half the size of an egg, some parsley and chives chopped, a little nutmeg, and half a glass of sherbet. Set it over a gentle fire, moving it about till the cheese is melted. Then mix with it six eggs, and set it again over the fire till they are nicely done. Serve it up with small pieces of toasted bread round the dish.

96. *Eggs fried in Paste.*

BOIL six eggs three minutes, put them into cold water, then take the shells off (be careful not to break the whites) and wrap the eggs up in the trimmings of puff-paste; brush them over with beaten eggs, and sprinkle a very few fine bread-crumbs over them, have some clarified butter in a

pan, when hot put in the eggs; fry them a fine light brown and serve them up with a little brown gravy.

97. *Poached Eggs with Piquant Sauce.*

PUT salt and a little vinegar into the water when it boils, take it off the fire to put in the eggs, which must be broken separately into a tea-cup and put very carefully into the water, cover the pan and set it on the fire; they will be done in about three minutes, then take them up with a slice, cut off the ragged part of the whites and lay them on small sippets; and pour the sauce over them.

98. *Eggs.*

BOIL eight eggs hard, and put them in cold water, then peel them without breaking the whites, cut a small bit off the end of four, as they will stand upright on the dish; split the other four through the middle, and lay them round the others; put a little flour, water, butter and catsup into a stew-pan, make it hot, and put a little chopped parsley in it, and pour it over the eggs.

N. B. The parsley should not be boiled, either in the sauce or before it is chopped. Garnish with small branches of curled parsley.

99. *A Fricassee of Eggs.*

TAKE a penny loaf, cut off the crust, cut it into thin slices, toast it a light brown, cut it into sippets.

Put olive-oil and butter into the frying pan, make it hot, put the sippet in, turn it over in the pan, and lay it on a dish. Have ready six eggs, boiled hard, pare and cut them from end to end into three, fry them in the remainder of the oil, put one on each sippet. Pick some green parsley, crisp and sprinkle it over them. Serve them up with melted butter.

100. *Egg-balls.*

POUND the yolks of eggs boiled hard, in a marble mortar, with a little flour, white pepper and salt, add as much raw yolk of egg as will make it up into balls, about one to three, boil them three minutes before they are put into soups, &c.

101. *Egg-balls with Onions.*

MAKE some balls of eggs and boil them as in the preceding receipt, chop the whites a little and fry them with some onion which has been previously boiled a little, when of a nice brown add a little pepper, salt, a little water or maigre-broth, let them boil about a minute, then pour it on sippets and lay the balls round them.

102. *Sorrel with Buttered Eggs.*

BOIL some sorrel, chop it and stir it into some buttered eggs and pour it on sippets. Beets or spinage with a little parsley and a leaf or two of sage is also very good mixed with buttered eggs in the same way.

103. *To preserve Eggs for eating in the Shell.*

BOIL any number of fresh eggs for the space of one minute and a half, and when wanted for use, after any length of time, let them be reboiled for the space of time as at first.

104. *To preserve Eggs for Winter use.*

PUT them in a deep earthen pot in lime water, with a large handful of salt in it.

VEGETABLES, &c.

105. *To Boil Asparagus.*

CUT off as much of the white end as will leave the asparagus about six inches long; scrape the remaining white part very clean, and as they are done put them in fresh water; tie them in small even parcels, put them in boiling water, and boil them till tender, but do not over-boil them; take it up with a slice into a sieve to drain a little; have ready a thin toast to dip into the water; lay it in a dish and the asparagus upon it the white ends outward; pour melted butter over the green part when you serve it up.

106. *Sea Kale.*

THIS must be boiled very nice and tender, and served upon toast like asparagus, with melted butter poured over it. It requires much longer boiling than asparagus.

107. *To Boil red Beet-root.*

LET the root be well washed and boiled in a moderate quantity of water, putting it into the water when cold, a large root will require boiling an hour and a half. Serve it up hot with melted butter in a boat, or cold and eat it with vinegar, or slice it into salads.

108. *Green and White Beet.*

THE leaves of these plants are very good boiled with some parsley and eaten as spinage. The large white beet when full-grown and the leaves stripped off to the middle rib, which is thick and fleshy, may be peeled and stewed and eaten like asparagus.

Hamburgh parsley roots, boiled like young carrots, eat very well alone or in soups.

109. *To Boil Parsnips.*

THEY must be boiled in plenty of water, and when they are soft, take them up, scrape them fine with a knife, throw away all the sticky part; put them in a saucepan with some milk, stir them over

the fire till they have thickened, taking care that they do not burn. Add an ounce of butter and a little salt, and when the butter is melted, serve them up.

110. *To Boil Sprouts.*

PICK and wash your sprouts very clean, cut them across the stem, take them out to drain: have water boiling in the pan, put them in, boil them quick, take off the scum as it rises. When they are tender, take them out and strain them, or they will not only lose their color, but also their flavor. Serve them up with good melted butter.

111. *To Boil Spinage.*

BE careful to pick it exceedingly clean, then wash it three or four times, put it into a saucepan that will just hold it, with a little water, throw a little salt over it, and cover it close. Put your saucepan on a clear quick fire, and when the spinage is shrunk or fallen, it is enough. Then put it into a clean sieve to drain, and squeeze it well. Lay it on a plate; and send it to the table with melted butter in a boat.

112. *To Boil Turnips.*

WHEN you have pared them, cut them in slices, then put them in a saucepan, and just cover them with water. As soon as they are enough, take them off the fire, and put them into a sieve to drain.

Mash them well with a little butter or some good cream and a little salt, then put them into your dish, and serve them up with melted butter.

113. *To Boil Carrots.*

SCRAPE your carrots very clean, before you put them into the pan, and when they are enough, take them out, and rub them in a clean cloth. Then slice them into a dish, and pour some melted butter over them. If they be young, half an hour will sufficiently boil them.

114. *To Fry Potatoes.*

CUT them into thin slices as large as a crown-piece, fry them brown in olive-oil and butter, lay them on the plate or dish, and sprinkle a little salt over them.

115. *To Fry Artichoke-bottoms.*

FIRST blanch them in water, then flour them in fresh butter, lay them in a dish and pour melted butter over them; or you may serve them up with seasoned melted butter, with nutmeg, pepper, and salt.

116. *To Fry Cauliflowers.*

TAKE two fine cauliflowers, boil them in milk and water. Leave one whole, and pull the other to pieces. Take quarter of a pound of butter with

two spoonfuls of water, a small dust of flour, and put in the whole cauliflower, cut it in two, take the other that is pulled to pieces, and fry them till they be soft.

117. *To Fry Onions.*

TAKE some large onions, peel them, and cut them into slices about quarter of an inch thick, put them into butter with an egg, without breaking them, and fry them of a nice brown,

118. *To Fry Cauliflowers.*

BOIL a cauliflower till nearly enough; then slice it and dip it in batter; fry it in butter to a nice brown.

119. *To Ragoo French Beans.*

TAKE a few beans, boil them tender, then take your stew-pan, put in a piece of butter, when it is melted, shake in some flour, and peel a large onion, slice it and fry it brown in that butter; then put in the beans, shake in a little pepper and a little salt, grate a little nutmeg in, have ready the yolk of an egg and some cream; stir them all together for a minute or two, and dish them up.

120. *To Stew Cucumbers.*

TAKE an equal quantity of cucumbers and onions, fry them to a nice brown in butter, put them in a

saucepan with half a gill of water, season with pepper and salt, and stew them till quite soft; then work a little flour and butter together and put in; let it boil a few minutes till of a good thickness.

121. *To Stew Celery.*

AFTER stripping off the outside leaves, cut the celery into lengths of about two inches, then put it in a pan with as much good milk as will just cover it, let it boil gently till quite tender, season with pepper, salt, and a little nutmeg, thicken it with a little flour and water, and let it boil a few minutes.

122. *To Stew Onions.*

PEEL six large onions, slice and dredge them, fry them gently to a fine brown, then put them into a small stew-pan with a very little water, pepper and salt, cover and stew them two hours: a little flour and butter may be added, if requisite.

123. *To Stew Old Pease.*

STEEP them in water all night, then put them in a pan with water just enough to cover them, and a little butter, stew very gently till the pease be quite soft; season with pepper and salt.

124. *To Stew Green Pease.*

PUT a quart of pease into a pan, with a lettuce and onion, both sliced, a bit of butter, pepper, salt,

and no more water than hangs to the lettuce from washing, stew them two hours very gently ; when to be served, beat up an egg and stir it into them, or a little flour and butter.

125. *Green Pease Stewed with Lettuce.*

BOIL the pease in hard water till nearly enough, after which let them be drained through a sieve. Cut the lettuces and fry them in butter ; then put them and the pease into a stew-pan with some water, pepper, and salt ; thicken with flour and butter and add a little shred mint.

126. *To make a Ragout of Onions.*

TAKE a pint of small young onions, and four large ones, peel and cut the large ones very small ; put quarter of a pound of butter into a stew-pan, when it is melted and has done hissing, throw in your onions, and fry them till they begin to look a little brown ; then dredge in a little flour, and shake them round till they be thick ; throw in a little salt, a little beaten pepper, a quarter of a pint of water, and a tea-spoonful of mustard. Stir all together, and when it is well tasted and of a good thickness pour it into your dish, and garnish it with fried crumbs of bread and raspings. You may stew raspings instead of flour, if you please.

127. *To Stew Spinage.*

TAKE three large handfuls of spinage, when scalded throw it into cold water, wash it clean, and squeeze it in a cloth very dry; then chop it small, and put it into a stew-pan with a piece of butter and some cream, stir it well over the fire, dust in it a very little flour, a little salt and a little more cream; let it be quite hot, then serve it up. Sorrel may be stewed the same way.

128. *To Stew Celery White.*

BOIL the white part till tender, cut it in pieces, stir some cream over the fire with the yolks of two eggs, put in the celery, salt, pepper, and pounded mace, a little lemon-peel, shake all together till hot, but do not let it boil.

129. *Artichokes.*

WRING the stalks off, and lay the artichokes in the water cold, with the bottoms up; by which means, the dirt concealed between the leaves will boil out. After the water boils, they will take nearly two hours to be done. Serve with melted butter, salt, and pepper. To fry them, blanch them first in water, then flour and fry them in fresh butter; when enough lay them in a dish, and pour melted butter over them.

130. *To Fricassee Artichoke-bottoms.*

IF dried, lay them in warm water four hours, observing to change the water as many times, then take half a pint of cream and an ounce of butter, stirring it over the fire till the butter is melted: after which lay in the artichokes till hot, then serve them up.

131. *Asparagus like Green Pease.*

AFTER cutting the tender part of asparagus the size of small pease, wash them in spring water; scald them a moment in boiling water, drain them well and dress them, as pease, with white sauce, only omitting the lettuce.

132. *Gourds.*

PARE a gourd then boil it in water, when it is done enough and there is very little water remaining, put to it some milk, butter, a little salt and sugar; add some slices of bread if agreeable; do not set it on the fire after adding these ingredients.

133. *To Bake Tomatas.*

CUT some tomatas in two the broad way, put them upon a tin, with the rind downwards, strew upon each a seasoning of pepper, salt, and sweet herbs chopped small; set them in the oven till

they are soft, then serve them up without any other sauce.

The fruit of the purple egg-plant is eaten, prepared in the same manner cut the long way.

134. *Hop Tops.*

THE young shoots of the wild hop are eaten as a boiled salad: boil them in water with a little salt, when they are well done, drained and cold, serve them up with pepper, salt, oil and vinegar over them. They are sometimes eaten hot with melted butter.

135. *Ragout of Cucumbers.*

THE cucumbers must be pared, the inside taken out and then cut in pieces, lay them in a dish singly with half a spoonful of vinegar and a little salt, for two hours, turning them frequently; by this means the juice which is so cold to the stomach will be drawn out of them; then press them in a cloth and put them in a saucepan with some butter, shake them over the fire, then add a pinch of flour, and moisten them with maigre-broth; let them simmer on a slow fire till they are done enough, then put in a thickening of yolks of eggs and a little milk, set them on the fire again but not to boil.

136. *Fricassee of Red Beet-root.*

AFTER being boiled in water, put some slices into a saucepan with some butter, parsley, chives or

sweet leeks chopped, a little garlic, a pinch of flour, salt, pepper and vinegar to the taste; let it boil a quarter of an hour.

137. *A Batter to use in Frying the following Vegetables.*

QUARTER of a pound of fine flour, a little pepper and salt, the yolks of three eggs, and a small tea-cupful of ginger-beer, beat it till quite smooth, it should be pretty thick or it will not adhere to the vegetables.

POTATOES must be pared and sliced thin.

RED BEET-ROOT; boil it till three parts done, then slice it about the third of an inch thick.

CARROTS may be done the same, or cut into slices lengthwise, about three inches long.

ARTICHOKE-BOTTOMS must be boiled till the leaves and choke will come off easily, pare the under part of the bottoms neatly, and fry them either whole or parted in two according to the size.

CELERY should be nicely cleaned, cut into lengths of about three inches, half boiled and wiped dry.

CARDOONS should be skinned and then prepared like celery.

ONIONS must be peeled and sliced about half an inch thick.

There are many other vegetables which would probably be equally nice thus prepared, and experiments upon reasonable grounds are always worth trying.

138. *To Stew Green Pease a mild way.*

PUT a pint of young pease into a stew-pan, with very little water, and two young lettuces cut small; stew them gently till the pease are tender, then add four spoonfuls of cream, a lump of sugar and the yolks of two eggs; stir the whole together for a short time, but do not allow it to boil; add a little salt and serve it up.

139. *To Stew Spinage with Cream.*

BOIL the spinage till nearly enough, then squeeze all the water from it, and put it in a stew-pan with some butter and salt, stir it over the fire till the butter is well mixed with it, then add as much cream as will make it of a moderate thickness, shake it a minute or two over the fire, and serve it up with sippets of fried or toasted bread.

140. *To Stew Spinage and Sorrel.*

TAKE spinage and sorrel in the proportion of one fourth of sorrel to three of spinage; pick and wash them very clean, cut them a little and put them in a stew-pan with two or three spoonfuls of water, stir them over the fire till they soften and become liquid, then leave it to stew at a distance over the fire, for an hour or more stirring it sometimes, thicken it with a little flour; when quite done, add some pepper and salt.

41. *Forced Cucumbers.*

MAKE a slit down the side and take out the seeds, fill the cucumbers with force-meat that has been boiled, tie them up with packthread and fry them, stew them in a maigre-broth with some butter they were fried in, salt, Cayenne pepper and a little pounded cloves, mix a little flour in a little of the gravy to thicken it and boil all together.

142. *To Stew Onions.*

PEEL some onions and put them in a dish with some butter that has been previously browned, put them in a brisk oven, when nicely browned pour some thin melted butter on them, add pepper and salt, and let them stew quarter of an hour longer.

143. *Stewed Pease.*

TAKE a quart of shelled pease, cut a large Spanish onion, or two middling ones small, and two cabbage or Silesia lettuces cut small, put them into a saucepan with half a pint of water, season them with a little salt, a little beaten pepper, mace, and nutmeg. Cover them close, and let them stew quarter of an hour, then put in quarter of a pound of fresh butter rolled in a little flour, a spoonful of catsup, a little piece of burnt butter as big as a nutmeg; cover them close, and let it simmer softly an hour, often shaking the pan. When it is enough, serve it up.

For an alteration, you may stew the ingredients as

above; then take a small cabbage-lettuce, and half boil it, then drain it, cut the stalk flat at the bottom, so that it will stand firm in the dish, and with a knife very carefully cut out the middle, leaving the outside leaves whole. Put what you cut out into a sauce-pan, chop it, and put a piece of butter, a little pepper, salt, and nutmeg, the yolk of a hard egg chopped, a few crumbs of bread, mix all together, and when it is hot fill your cabbage; put some butter into a stew-pan, tie your cabbage, and fry it till you think it is enough; then take it up, untie it, and first pour the ingredients of pease into your dish, set the forced cabbage in the middle, and have ready four artichoke-bottoms fried, and cut in two, and laid round the dish.

144. *Green Pease with Cream.*

TAKE a quart of fine green pease, put them into a stew-pan with a piece of butter as big as an egg, rolled in a little flour, season them with a little salt and nutmeg, a bit of sugar the size of a nutmeg, a little bundle of sweet herbs, some parsley chopped fine, and quarter of a pint of boiling water. Cover them close, and let them stew very softly half an hour, then pour in quarter of a pint of good cream. Give it one boil, and serve it up.

145. *Celery with Cream.*

WASH and clean six or eight heads of celery, cut them about three inches long, boil them tender,

pour away all the water, and take the yolks of four eggs beat fine, half a pint of cream, a little salt and nutmeg, pour it over, keep the pan shaking all the while. When it begins to be thick, dish it up.

146. *French Beans Stewed.*

BOIL them till tender, drain them in a sieve, put them in a pan with a little cream, flour and butter, pepper and salt ; boil it up.

147. *Mushrooms Stewed whole.*

WIPE some large buttons, boil them up quickly in a little water : put to them some cream, a piece of butter mixed with a little flour, a little pounded mace, Cayenne and salt ; boil this up, often shaking the pan.

148. *Hashed Potatoes.*

To about five pounds of potatoes pared and cut as for a potatoe-pie take a quart of water, a little oatmeal to thicken it, some salt, pepper and two ounces of butter, let it boil shaking the pan round frequently, then add some chopped parsley, sweet leeks and let the potatoes boil till they are enough stirring them now and then, to prevent their burning to the pan. This is an excellent hash. Onions, with a little sage, chopped and stewed with the potatoes, also makes a very good hash.

149. *To Boil Pease.*

SHELL them as clean as possible that they may not require washing, boil them with some salt in the water and a sprig of mint if approved, be careful not to overboil them as it destroys the flavor. When enough strain them through a sieve but not very dry, stir in a piece of butter and a dredge of flour.

150. *To Stew Carrots.*

ABOUT half boil your carrots then nicely scrape and slice them, put them into a stew-pan with half a tea-cupful of maigre-broth, some white pepper, salt and a little cream, simmer them till very tender but not broken, then stir in a little flour and butter well mixed and let it simmer a little longer. A little chopped parsley may be added a few minutes before it is served up, if approved.

151. *To Boil Cauliflowers.*

CUT the flowers close at the bottom from the stalk, lay them in cold water an hour, then put them into boiling milk and water (or water alone) observing to skim it well, when the stalks are tender they are enough and should be instantly taken up and drained. Serve them up with melted butter in a boat or sauce-tureen. Cauliflowers should be boiled in plenty of water and very quickly at the first, then not quite so fast, as the flower would be enough before the stalk, and they are not good when over-boiled.

152. *To Boil Brocoli.*

CUT off the small clusters round the main head, then peel the stalk, wash them clean, and put them in boiling water with some salt in it, boil till the stalks are tender, then serve them up as cauliflower or lay them on toast as asparagus, with melted butter. The smaller clusters should be tied in bunches. If the flower be soft, it is good for nothing.

153. *To Boil Cabbage.*

HALVE, or if large, quarter the cabbages, boil them in plenty of water with salt in it very quickly; when half done, drain them and put them in fresh boiling water, when done drain them and press the water from them very gently, they may either be served as they are just boiled with melted butter or chopped with a piece of cold butter, and a little pepper and salt.

154. *To Roast Onions.*

ROAST onions with the skins on in a Dutch oven, turning them frequently; let them be thoroughly done; they are very good with cold butter, pepper and salt, to eat with bread or potatoes.

155. *To Stew Red Cabbage.*

TAKE off all the coarse outside leaves of the cabbage, cut it small, and wash it well; put it into

a stew-pan with one onion sliced thin, a piece of butter the size of an egg, a little all-spice tied in a bit of muslin, some pepper, salt, and quarter of a pint of water; stew it gently till the cabbage is well done, then take out the onion and all-spice, add a spoonful or two of good vinegar.

SAVOYS or cabbages may be stewed in the same manner as the red cabbage, only about half boil them in water the common way and then stew them; it takes off much of the strong flavor.

CABBAGES of every kind are very superior when boiled in two waters.

CARROTS should be washed and brushed and the skins wiped off when boiled with a clean cloth and cut in slices.

SPINAGE requires very little water to boil it in, should be put in the pan when the water boils, with a small handful of salt, pressed down in a saucepan with a wooden spoon; boil quick till tender, then pour it into a sieve or colander, and afterwards press it dry between two wooden trenchers; lay it neatly on a dish and cut it across each way four times, so as to divide it into proper-sized pieces to help at table.

156. *Kidney Beans.*

FIRST carefully string them, then slit them down the middle, and cut them across. Put them into salt and water, and when the water boils in your

saucepan, put them in with a little salt. They will be soon done, which may be known by their feeling tender. Drain the water clear from them, lay them in a plate, and send them up with melted butter in a boat. Vinegar is an agreeable addition.

157. *To Boil Leeks.*

STRIP off the leaves, boil them with a little salt in the water till they be tender, lay them on buttered toast, eat them with melted butter, pepper and salt.

Radishes done in the same way are very good.

158. *To Fry Potatoes.*

TAKE the skin off raw potatoes, slice, and fry them either in butter or thin batter.

159. *Potatoes Scolloped.*

WHEN boiled (the mealy sort are best), beat them fine, put to them cream, the yolk of an egg, pepper, salt, a piece of butter; do not make them too moist; fill some scollop shells, smooth the tops with the back of a spoon, rub them over with a little yolk of an egg, set them in a Dutch-oven to brown; they will rise before the fire, and if nicely done, they are a good supper-dish.

160. *Potatoes in Balls.*

Do with them as above; roll them in balls with a little flour, brown them in a common or Dutch-oven, or fry them. Or, when mashed &c., press them into a pint-basin, then turn it out, and brown it before a fire.

161. *To Roast Potatoes.*

PARE them, melt a little butter in a dish in the oven, put in the potatoes and turn them frequently till they are enough. They should be roasted in a quick oven.

162. *To Stew Herbs.*

TAKE of beets, parsley and leeks, an equal quantity of each, cut them small, put them into a frying-pan, just cover them with water, season with pepper and salt, stew them for forty minutes; add two ounces of olive-oil and butter. Put them into a dish.

163. *To Dress Spinage.*

PICK and wash the spinage well, and put it into a pan, with a little salt, and a few spoonfuls of water, taking care to shake the pan often. When stewed tender, take it out, and put it into a sieve to drain, and give it a squeeze. Return it into the stew-pan after being well beat, and put to it some cream, with

pepper, salt, and a piece of butter. Stew about quarter of an hour, and stir it frequently. When served up, a few poached eggs may or may not be added.

164. *To Dress Cucumbers Raw.*

PARE and slice them thin into a basin of spring water with an onion, drain them between two plates and sprinkle them with salt, add pepper and vinegar. They may be dressed as salad by mixing a little olive-oil with a little mustard, and adding pepper, salt, and vinegar to the taste.

165. *Cucumbers Dressed Raw, called Mandrang.*

PARE them and as you cut them score the ends that they may be in small bits as if slightly chopped, some small young onions, Cayenne pepper and salt, half a glass of sherbet, or a little ginger, the juice of half a good lemon and some vinegar.

This is an excellent way of dressing them, and seldom disagrees with the stomach.

166. *Of Chervil, Sorrel, and Beet, both
White and Green.*

ALL these herbs are excellent in the making of soups and ragouts, and may be preserved in the summer for the winter. When they are prepared in a proper manner they lose nothing of their original

flavor. The method of doing this is so easy as to require but little attention.

TAKE sorrel, chervil, beet-leaves, purslain, parsley, chives, and cucumbers, if in season, in quantities proportioned to the strength of each. Pick these carefully, wash them several times, and set them to drain. Then chop them, and press them with the hands, that little or no water may remain.

PUT a good piece of butter into a kettle, and the herbs upon it, with as much salt as will salt them well. Stew them over a slow fire till they are well done, and there is no liquor remaining. Let them stand to cool, and then put them into nice clean pots.

THE smaller the consumption of them is likely to be, the smaller the pots must be, as when once they are opened, the herbs will not keep at farthest more than three weeks.

WHEN the herbs are quite soft in the pots, melt some butter, and when it is no more than luke-warm, pour it over the herbs. Let them stand till the butter is well congealed, then tie paper over the pots, and set them in a place neither too hot nor cold. They will keep till Easter, and are very useful during the winter.

WHEN wanted for soup, put as much as there is occasion for into some broth, made without salt, and the soup is prepared at once.

IF to be used as sauce, put them into a saucepan with a piece of butter, boil them in an instant, and

add three yolks of eggs with some milk. This may be served under hard eggs.

THE best time for preserving these herbs is about the end of September.

167. To preserve and dry French Beans, so that they will keep till Easter:

TAKE any quantity of French beans, whilst they are quite tender and not stringy ; pick off the ends and put them in boiling water, boil them quarter of an hour, and then throw them into cold water : when they are cold, drain them, and after they are well dried, put them into clean, dry, stone jars, and fill them up with brine made by putting two thirds of water to one of vinegar, and a pound of salt to three pints of liquid. Pour on them some butter half warm which will congeal upon the brine and will keep the air from the beans ; tie paper over them and keep them in a moderately cool place and do not open them till wanted for use. Before they are used they must be soaked in warm water till they regain their original color, then boil them in the same manner as fresh beans. They will keep a considerable time, after being boiled and drained as above if they are thread with a needle and thread and hung to the ceiling in a dry place. They must be used in the same manner as the preserved beans. Warm the brine over the fire till the salt is dissolved, then let it stand to clear before it is used.

168. *To Stew Mushrooms.*

THE mushrooms should be peeled very thin and put into water, with the juice of a lemon, melt a bit of butter in a stew-pan, then put in the mushrooms and a little pepper and salt, set them over the fire for about fifteen minutes (they should stew very slowly), add a little cream, or a little butter worked up with a dredge of flour.

169. *To keep Green Pease.*

GATHER your pease in a fine dry day, shell them and put them in dry, clean bottles, cork them close and tie a bladder over them, and keep them in a cool dry place.

170. *Another Way to keep Green Pease.*

SCALD your pease, then strain and dry them between clean cloths, after which put them in wide-mouthed bottles, and pour clarified butter over them, then close the bottle well, and rosin the cork down; after which bury them under ground, or keep the bottles in sand with the necks downwards. When used boil them till tender, with a bit of butter, some mint and a small portion of sugar.

171. *Another Way to keep Pease.*

SHELL, scald, and dry them as above, then put them on tins or earthen dishes in a cool oven once or thrice to harden, keep them in paper-bags hung

up in the kitchen. When wanted for use, soak them an hour or two in water and set them on the fire in cold water, with salt and a small bit of butter. A sprig of dried mint may be added. Serve them up as fresh pease. Windsor or Noupareil beans dried and steeped a few hours in water are very good when boiled and served up with parsley-sauce.

172. *To Dry Mushrooms.*

AFTER taking off the end of the stalk, wash them, and boil them for a moment in water; when they are drained put them in a cool oven to dry — keep them when done in a dry place. Soak them in warm water for use. They will also keep very well thread on a string and hung up in a dry kitchen.

173. *Another Way to Dry Mushrooms.*

CLEAN them well by wiping them, take out the brown and carefully peel off the skin, dry them on sheets of paper in a cool oven, and preserve them in paper-bags in a dry place. When used let them simmer in a little water and they will nearly regain their original size.

174. *Mushroom Powder.*

DRY the mushrooms whole, set them before the fire to crisp; grind and sift the powder through a fine sieve — preserve it in glass bottles, closely corked.

175. *Mushroom Powder.*

WASH half a pint of large mushrooms, till quite clean, scrape out the black part clean, do not use any that are worm-eaten, put them into a stew-pan over the fire without water, with two large onions, some cloves, quarter of an ounce of mace, and some white pepper, all in powder; simmer and shake them till all the liquor is dried up, but be careful they do not burn. Lay them on tins or sieves in a slow oven till they are dry enough to beat to powder, then put the powder into small bottles corked and tied closely, and kept in a dry place. A tea-spoonful will give a very fine flavor to any soup, gravy, or sauce; and is to be added just before serving, and one boil given to it after it is put in.

SAUCES, &c.

176. *White Sauce.*

STEW with a little water, a bit of lemon peel, some sliced onion, some white pepper corns, a little mace, and a bunch of sweet herbs, until the flavor be good, then strain it, and add a little good cream, a piece of butter, and a little flour, salt to your taste.

177. *Mushroom Sauce.*

PICK and chop a pint of young mushrooms, put them into a saucepan with a piece of butter, some salt and pepper, let them stew till tender, then have ready brown gravy made of maigre-broth to pour on them.

178. *Benton Sauce.*

GRATE or scrape fine some horse-radish, a little made mustard, some pounded white sugar, and four spoonfuls of vinegar.

179. *Russian Sauce.*

TO four spoonfuls of grated horse-radish, put two tea-spoonfuls of patent mustard, a little salt, one tea-spoonful of sugar, and vinegar sufficient to cover the ingredients.

180. *Fennel Sauce.*

TAKE a little fennel, mint and parsley, wash and boil them till they become tender, drain and chop them fine; put all together into melted butter, just as it is wanted, as the herbs lose their color by standing.

181. *A^d Sallad Sauce.*

TAKE the yolks of two eggs, boiled hard, a desert-spoonful of grated Parmesan or strong Cheshire

cheese, a little made mustard, a dessert-spoonful of Tarragon vinegar, and a large spoonful of catsup. When well incorporated, add two spoonfuls of salad oil, and one spoonful of vinegar, then beat it well. This mixture must not be poured upon the sallad; but left at the bottom of the dish.

182. *Mint Sauce.*

TAKE young mint, pick and wash it clean, then chop it fine, put it into a basin, sprinkle it well with sugar, and pour in vinegar to the taste.

183. *Onion Sauce.*

BOIL some large onions in water till they be tender, put them into a colander; when drained, pass them through the colander with a spoon, put them into a clean saucepan, with an ounce of butter, a little salt, and a gill of cream; stir all together till it be of a good thickness.

184. *Parsley Sauce.*

TAKE a bunch of parsley and boil it till it be soft; chop it fine and mix it with melted butter.

185. *Apple Sauce.*

TAKE apples as many as you need, pare them, take out the cores, put them into a saucepan with a little water, a few cloves, and one blade of mace, simmer them till quite soft, strain off the water

and beat them up with a little brown sugar and butter. It is very good without the spice.

186. *Bread Sauce.*

BOIL a small onion, sliced with a little mace and white pepper in water, till the onion be quite a pap : strain and pour the water on grated white bread, and cover it. Mash it and put it in a saucepan, with a good piece of butter, cream and a little salt, boil the whole up together, and serve it hot.

187. *To make Parsley Sauce, when no Parsley Leaves are to be had.*

TIE up a little parsley-seed in a bit of clean muslin, and boil it ten minutes in some water. Use this water to melt the butter, and throw into it a little boiled spinage minced, to look like parsley.

188. *An Excellent Substitute for Caper Sauce.*

BOIL slowly some parsley, to let it become of a bad color, cut but do not chop it fine ; put it to melted butter, with a tea-spoonful of salt, and a dessert-spoonful of vinegar ; let it boil, then serve it up.

189. *Egg Sauce.*

BOIL the eggs hard, and cut them into small pieces ; then put them to melted butter.

190. *Celery Sauce.*

TAKE a head of celery, wash and pare it very clean, cut it fine, and boil it over a gentle fire till it be tender. Add a little mace, nutmeg, pepper and salt, thickened with butter rolled in flour; then boil it, and serve it up in a boat or tureen.

191. *Mushroom Sauce.*

CLEAN half a pint of young mushrooms, take off the skin by rubbing them with salt; lay them in a stew-pan with a little salt, half a pint of cream, a little mace and nutmeg, thicken the whole with a little flour and butter; let them boil, and stir them constantly to prevent them from curdling.

192. *Currant Sauce.*

BOIL two ounces of dried currants in a pint of water five minutes, then add the crumb of a roll, a few cloves or mace, and some butter, stirring it till it becomes perfectly smooth.

193. *White Sauce.*

TAKE half a pint of cream and quarter of a pound of butter; stir them over the fire one way till it be thick; then add a spoonful of mushroom pickle, pickled or fresh mushrooms may be added.

194. *Piquant Sauce.*

PUT two sliced onions into a stew-pan, with a piece of butter, a carrot, turnip, parsnip, a little thyme, sorrel, basil, two cloves, two shalots, a clove of garlic, and some parsley; turn it over the fire till well coloured; then add a little flour, moistened with a little water, and a spoonful of vinegar, let it boil gently a few minutes; then skim and strain it through a sieve, season with pepper and salt.

195. *Kitchen Pepper.*

ONE ounce of ginger, ten cloves, pepper, cinnamon, mace and nutmeg, half an ounce each; six ounces of salt; mix this well, and keep it very dry. It is a great improvement to all brown sauces.

196. *Colouring for Sauces.*

PUT quarter of a pound of lump sugar into a pan, and add to it a gill of water, with half an ounce of butter; set it over a gentle fire, stirring it with a wooden spoon, till it be burnt to a bright brown color, then add some more water; when it boils, skim, and afterwards strain it. Retain for use in a bottle closely corked.

197. *To melt Butter, which is rarely well done though a very essential Article.*

MIX in the proportion of a tea-spoonful of flour to four ounces of the best butter, on a trencher;

put it into a small saucepan, and two or three table-spoonfuls of hot water, boil it quick a minute, shaking it all the time.

Milk used instead of water, requires rather less butter, and looks whiter.

A more economical and plain way of making it is to take about quarter of a pint of water, dredge into it as much flour as will make it a proper thickness, then put in about two ounces of butter, set it on the fire and shake it frequently, let it boil up several times shaking it round in the pan each time.

198. *To make Mustard.*

RUB out the lumps of the mustard with the back of a spoon, then add some salt and boiling water beating it till perfectly smooth, keep it covered close in a cool place, wipe the glass clean round the edges when there has been any used.

199. *To make Mustard for immediate use.*

MIX the mustard with new milk by degrees till it be quite smooth, and add a little raw cream. It is much softer this way, is not bitter, and will keep well. A tea-spoonful of sugar to half a pint of mustard, is a great improvement.

SAVOURY PIES, PUDDINGS, &c.

200. *Herb Pie.*

TAKE lettuce, spinage, beets, a little parsley, and a little sweet leek (or a small onion and a leaf or two of sage), cut them, and season with pepper and salt, lay them in a dish with some butter and some water, put a cup in the middle of the dish, lay a crust over and bake it, when enough beat two or more eggs, take out the cup and pour in the eggs, lay the crust on again and set it in the oven a minute or two before it is taken to the table.

201. *Stewed Herb Pie.*

CUT young carrots, turnips, artichoke-bottoms, mushrooms, peas, onions, lettuces, parsley, celery, or any of them you have; make the whole into a nice stew, with a large piece of butter, some pepper and salt and a very little water. Bake a crust over a dish, with a little lining round the edge, and a cup turned up to keep it from sinking. When baked, open the lid and pour in the stew.

202. *Potato Pie.*

PUT a layer of sliced potatoes in a dish, then a layer of eggs boiled hard and cut in slices, a few

chopped onions, put in three ounces of butter cut in small pieces, quarter of a pint of water, season with pepper and salt, put a paste over it and bake it; when baked, melt a little butter in a saucepan, add to it a little hot water, and if liked, a spoonful of mushroom catsup, pour it into the pie. The onions may be omitted if more agreeable.

203. *Potato Pie.*

CUT the potatoes into squares, with one or two turnips, sliced; add butter and water just to cover the potatoes, season with pepper and salt, and then cover them with a paste.

A little walnut or mushroom catsup may be added. An onion sliced, and a little dried sage may be used instead of the turnips. Olive-oil mixed with butter.

204. *Potato Pie.*

TAKE two pounds of potatoes, pare and cut them, season with pepper and salt to the taste; put them into a dish with one ounce of butter and two teaspoonfuls of the best olive-oil: pour in water sufficient to cover them, put over them a paste, and send it to the oven to bake.

205. *Herb Pie.*

PICK two handfuls of parsley, half the quantity of spinage, two lettuces, mustard and cresses, white beet leaves, and a small onion, wash and boil them a little, drain, press out the water, cut them small,

Mix and lay them in a dish sprinkled with salt. Mix a batter with a little flour, two eggs well beaten, half a pint of cream or good milk, pour it on the herbs, cover it with a paste, and bake it.

206. *Herb Pie.*

TAKE of beets and parsley, each a handful, half the quantity of leeks cut small, quarter of a pound of bread-crumbs, about two ounces of butter rolled in flour and made into balls; add water to keep them moist. Season with pepper and salt, and cover it with paste.

207. *Carrot Pie.*

SLICE as many carrots as will fill your dish, season them with pepper and salt, put in a good lump of butter, a little water: cover it with a paste, and bake it.

208. *An Onion Pie.*

CHOP some onions small, rub in some dried sage, season it with pepper and salt, put them in a dish with a good lump of butter and a little water: boil some apples and mash them up with a little sugar, lay them upon the onions, put a paste over it and bake it.

209. *Sage and Onions with Buttered Toast.*

HALF boil some sage and onions in two waters, then fry them in butter and season with pepper and salt,

lay it on buttered toast with a little brown gravy. It is very good with mustard and apple-sauce. A little water in which pease or asparagus have been boiled poured upon the toast is an improvement.

210. *Potato Pasty.*

PEEL, boil, and mash potatoes as fine as possible, mix them with salt, pepper, and a good bit of butter : make a paste, roll it out thin like a large puff, and put in the potatoes, fold over one half, pinching the edges : bake it in a moderate oven.

211. *A Groat Pudding.*

PICK and wash a pint of groats, and put them in a dish with a quart of water, a large onion chopped small, a little sage, sweet-marjoram, a good lump of butter and a little pepper and salt.

212. *A Bread Pudding with Onions.*

TAKE the crumbs of a penny-loaf and a middle sized onion chopped small, a little sage, nutmeg, pepper and salt, mix it up with two eggs and a little milk, lay a good puff paste in a dish and bake it in a quick oven.

213. *Vegetable Pie.*

TAKE some potatoes, turnips, carrots, celery, and one onion, cut them in pieces and season them well with pepper and salt, add some butter cut in small pieces, and some water, cover it with a crust and

bake it. A little tapioca boiled in water to a jelly and poured into the pie when baked is a great improvement and is excellent to eat cold. Asparagus or Sea-kale is a pleasant addition.

214. *Turnip Pie.*

TAKE turnips, peel and boil them, just before they are enough peel some onions, about half boil them, then take them out, chop them up with pepper, salt and butter, put them in your dish with some of the water the turnips were boiled in, make a paste as for a potato-pie, cover it over, and bake it; when enough add some more of the water in which the turnips were boiled if requisite.

215. *Mushroom Dumpling.*

LINE a basin with paste, put some sliced mushrooms, some bread-crumbs, a piece of butter, some pepper, salt, and a little water; cover with paste and boil it one hour and a half. It is also very good baked.

216. *Onion Dumpling.*

PEEL and boil six small onions, chop them small, put to them some bread-crumbs, a little dried sage and thyme, add salt, pepper, and butter to your taste, boil in a basin, as the above.

217. *Potato Pudding.*

PEEL five pounds of potatoes, one pound of onions and half a gill of groats, chop them small, tie them up

in a cloth, boil them three or four hours. When boiled season to your taste with pepper, salt, and butter. This is a dish to be eaten with No. 91.

218. *Pease Pudding.*

PUT your pease to boil in a cloth, and when nearly done take them out, beat them up, season with a little salt and pepper, put in one egg and a lump of butter, then tie them up again, and let them boil till they be done. The pease will be better for being steeped an hour or two.

219. *Herb Pudding.*

STEEP a quart of groats in warm water an hour, put in half a pound of butter cut in little bits; take spinage, beets and parsley, a handful of each, three or four leeks, three onions chopped small, a few apples, three sage-leaves cut fine, and a little salt, mix all well together, and tie it close in a cloth; boil it two hours, and take it up to loosen the string a little when boiling. Three quarters of a pound of rice may be used instead of groats, if liked.

220. *A Green-bean Pudding.*

BOIL and blanch some beans when old and mealy, beat them in a mortar with very little pepper and salt, some cream and the yolk of an egg; a little spinage-juice will give a finer color, but it is as good without, boil it an hour in a basin that will just hold it; pour parsley and butter over.

PUDDINGS, PANCAKES, &c.

221. *Batter Pudding without Eggs.*

MIX six spoonfuls of flour with a little milk, a tea-spoonful of salt, two tea-spoonfuls of powdered ginger, and two of the tincture of saffron. Mix it with nearly a quart of milk, and boil it an hour. Fruit may be added.

222. *A cheap Bread Pudding.*

TAKE some pieces of stale bread, and soak them well in hot water, then press out the water and mash the bread, add a little powdered ginger, nutmeg, salt and sugar, and a few clean currants, mix the whole well together, lay it in a buttered dish with a few bits of butter on the top; bake it in a moderate oven, and it will be good either hot or cold. A spoonful of rose-water will be an improvement.

223. *Apple Pudding with Cream.*

GRATE four large apples, add to them quarter of a pound of Naples biscuits grated, a pint of cream, sugar to the taste, a little salt, eight eggs well

beaten leaving out half the whites. Bake it with a crust round the edge of the dish for an hour, when done sift powdered sugar over it.

224. *To make a Plum Pudding.*

POUR a pint of boiling milk on a pound of bread-crumbs, cover it with a plate quarter of an hour, then stir well in it two ounces of butter, and sugar to your taste; when nearly cold, add four eggs well beaten, an ounce of sweet almonds and a dozen bitter ones, blanched and chopped small, a pound of raisins stoned, a pound of currants, a little ginger, nutmeg or mace, and lemon-peel; a little ground rice or flour may be added, if requisite, as it should be made very stiff; boil it three hours. A little candied orange or lemon is an improvement.

225. *Baked Gooseberry Pudding.*

PUT some gooseberries in a jar and set them over the fire in a pan of water till they will pulp; take a pint of the juice pressed through a coarse sieve, stir in it an ounce and half of butter, three eggs well beaten and strained, a few bread-crumbs, or four ounces of Naples biscuits, sweeten it well, put a paste round a dish and bake it.

226. *Rice Pudding with Apples.*

BOIL six ounces of rice in a pint of milk till it be soft, then fill a dish about half full of apples pared and cored, sweeten, put the rice over them as a

crust, and bake it. A little lemon-peel or nutmeg may be added.

227. *Rice Pudding with Raisins.*

BOIL quarter of a pound of rice with half a pound of raisins, two hours; grate a little nutmeg and sugar over it; send it to the table with melted butter in a boat.

228. *Baked Apple Pudding.*

PEEL and core ten large apples, boil them as for sauce, stir in quarter of a pound of butter till cold, beat five eggs and put in, the rind of a lemon grated and juice, sweeten it, and bake it in puff paste.

229. *Carrot Pudding.*

SCRAPE three or four carrots very small, mix them with about half a pound of bread-crumbs, pour over this three gills of boiling cream or good milk; when cold, add six eggs beaten to a froth, sugar, nutmeg, and a very little salt; bake it an hour in puff paste.

230. *Baked Potato Pudding.*

THE potatoes should be first well boiled, then freed from the skin, and afterwards put for about half an hour in the open air, if dry, or before the fire, in order to let the watery particles evaporate. The

potato-pulp is to be beaten up with milk and eggs, and then baked.

231. *Almond Pudding.*

TAKE half a pound of sweet almonds with a few bitter ones, blanch and beat them, half a pound of clarified butter, half a pint of cream, quarter of a pound of Savoy biscuits, the yolks of six eggs and half the whites; sweeten it to your taste.

232. *Orange Pudding.*

TAKE half a pound of butter and melt it, half a pound of sugar, the yolks of eight eggs, mix all well together with two ounces of candied orange. Put puff paste all over the dish and bake it half an hour.

233. *Cheese Curd Pudding.*

PUT a little rennet into two quarts of milk, when it is broken put it into a coarse cloth to drain out all the whey, then rub the curd through a hair sieve, and put to it eight ounces of bread, four ounces of butter, a little mace, the rind of a lemon grated, and a spoonful of rose-water or orange-flower water, sweeten it, beat four eggs very well, mix all together, butter the cups and bake them half an hour. Half a pound of currants may be added.

234. *Vermicelli Pudding.*

TAKE four ounces of vermicelli, boil it in a pint of new milk till it be soft with a stick of cinnamon, then put in half a pint of cream, a little butter, the yolks of four eggs, sweeten it, and bake it in a dish without paste.

235. *A Grateful Pudding.*

TAKE a pound of flour and a pound of white bread grated, and six eggs, beat them up and mix with them a pint of new milk, then stir in the bread and flour, and a pound of raisins stoned, a pound of currants, half a pound of sugar, and a little ginger; mix all well together, and put it into a dish and bake it.

236. *Eve's Pudding.*

TAKE six apples, chop them small, six ounces of bread-crumbs, six ounces of sugar, six ounces of currants, six eggs well beat, a little salt and nutmeg. Boil it three hours, and serve it up with melted butter.

237. *Cumberland Pudding.*

BOIL a pint of milk, then mix a little flour and salt in it till it be about the thickness of hasty pudding; when cool, add four eggs well beaten, mix it well together, and boil it an hour and a quarter.

238. *Damson Dumplings.*

MAKE a good hot paste, roll it pretty thin, lay it in a basin, and put in what quantity of damsons you think proper, wet the edges of the paste, and close it up, boil it in a cloth one hour, and serve it up whole; pour over it melted butter, and grate round the edge of the dish a little sugar.

You may make any kind of preserved fruit dumplings the same way. They are very good baked.

239. *Common Batter Pudding.*

BEAT two eggs very well, put to them about a third of a pint of milk, a little salt, and as much flour as will make it a stiff batter, beat out all the lumps, then thin it by degrees with the remainder of the milk, boil it an hour, or butter a dish and bake it in a quick oven.

240. *Yorkshire Pudding.*

MIX a batter as above, melt some butter in a dripping-pan, pour in the batter and bake it; when nearly enough, lay a little more butter on the top, to help it to brown; cut it in squares, and serve it up.

241. *Pearl-Barley Pudding.*

TAKE a pound of pearl-barley, wash it clean, put to it two quarts of new milk and half a pound of

sugar, with a little nutmeg grated ; then put it into a deep dish and bake it with brown bread. Take it out of the oven, beat up four eggs, mix all well together, butter a dish, pour it in, bake it again an hour, and it will be excellent.

242. *Sippet Pudding.*

BUTTER a dish, and put in a layer of bread and butter cut in thin slices, strew over it some currants, a little lemon-peel and grated nutmeg, then a layer of bread and butter, and so on till the dish be full, beat three eggs, put to them as much milk as will soak the bread, sweeten it and pour it into the dish, strew some currants on the top, and put a dish over it, or some thin crusts of bread, before it be put into the oven, to prevent the fruit at the top being scorched. The crusts may be taken off when it is nearly enough. A few almonds blanched, and cut in small pieces, candied lemon or orange is a great improvement. Serve it up with melted butter.

243. *Ground Rice Pudding.*

TAKE a pint of milk and put into it six ounces of ground rice ; set another pint of milk over the fire with a little cinnamon in it, when it nearly boils, pour in the rice gradually, and keep stirring it till it have boiled a few minutes, then pour it out and stir in it two ounces of butter ; when nearly cold, beat four eggs and put in, some sugar, about a dozen bitter almonds blanched and beaten fine, and an

ounce of sweet almonds, bake it in a dish, either with, or without paste.

It is a very good pudding without butter and almonds.

244. *Bread Pudding.*

BOIL a pint of milk with two ounces of butter and a little mace, pour it on a penny tea-cake, when cold beat it well up with three eggs, two spoonfuls of sugar, quarter of a pound of currants, the peel of half a lemon grated and a little salt, bake or boil it, if baked turn it out of the dish it is baked in.

245. *Tansey Pudding.*

PUT as much boiling cream to four grated Naples biscuits as will wet them, beat them with the yolks of four eggs. Have ready a little juice of tansey, with as much spinage-juice as will make it a pretty green. Be careful not to put too much tansy in, because it will make it bitter. Mix all together when the cream is cold, with a little sugar, and set it over a slow fire till it grow thick, then take it off, and, when cold, put it into a cloth, well buttered and floured; tie it up close, and let it boil three quarters of an hour; take it up in a basin, and let it stand one quarter, then turn it carefully out, and pour melted butter round it.

246. *Another Tansey Pudding.*

SCALD some grated bread with boiling milk, cover it close, when nearly cold add spinage and tansey juice, sugar and nutmeg, beat four eggs very well, mix all together; if too thin, stir in a little flour. It may either be boiled or baked.

247. *To make Herb Dumplings.*

TAKE a penny loaf, cut off the crust, and the rest in slices, put to it as much hot milk as will just wet it, then take the yolks and whites of six eggs, beat them with two spoonfuls of powdered sugar, half a nutmeg, and a little salt, put it to the bread; take half a pound of currants well cleaned, put them to the eggs, then take a handful of the mildest herbs, gather them so equal that the taste of one be not above the other, wash and chop them very small, put as many in as will make a deep green (do not put any parsley among them, nor any other strong herb), mix them all together, and boil them in a cloth, make them about the size of middling apples, about half an hour will boil them; serve them up with melted butter and sugar.

248. *Dock Pudding.*

TAKE half a peck of the docks, frequently called *passion-docks*; pick off the stalks and wash them

clean, half as much mercury goosefoot, if that cannot be got, spinage may be substituted, a handful of parsley, a few sweet leeks, wash and chop them fine, put in salt, a handful of oatmeal and six ounces of rice, put it into a cloth and let it boil two hours. For use, take as much as will be necessary, put it on a dish with a little salt, pepper, an ounce of butter, two tea-spoonfuls of olive-oil and a little cream. It will keep many days, when any part of it may be taken and put into a cloth and warmed in water. Proceed as above and it will be as good as at first.

249. *Green Codling Pudding.*

SCALD some codlings as for a tart, rub them through a sieve with as much juice of spinage as will make the pudding green, add four eggs well beaten, quarter of a pound of butter, about two ounces of bread-crumbs, a little lemon-peel chopped small; if the codlings be not sharp, a little lemon-juice may be added, put a paste round the dish and bake it.

250. *Gooseberry Pudding.*

SCALD a quart of green gooseberries, rub them through a sieve, stir in them quarter of a pound of butter, sweeten it, add two or three Naples biscuits, four eggs well beaten, mix it well, bake it half an hour.

251. *Sago Pudding.*

BOIL a pint and a half of new milk with four spoonfuls of sago, clean washed and picked, lemon-peel, cinnamon, and nutmeg; sweeten to your taste, then mix four eggs; put a paste round the dish, and bake it slowly.

252. *Yeast, or Suffolk Dumplings.*

MAKE a very light dough with yeast, as for bread, but with milk instead of water, add a little salt; let it rise an hour before the fire: twenty minutes before you serve it up, have ready a large stew-pan of boiling water; make the dough into balls, the size of a middling apple, throw them in, and boil them twenty minutes; if you doubt their being enough, stick a clean fork into one, and if it come out clear it is done.

When you eat them, tear them apart on the top with two forks, for they become heavy with their own steam. Eat them immediately with melted butter and sugar, or common pudding-sauce.

253. *An excellent Lemon Pudding.*

BEAT the yolks of four eggs, add four ounces of white sugar, rubbing some of the lumps on the rind of a lemon, to take out the essence; boil the rind till it be soft, changing the water to free it from bitterness; then beat it in a mortar with the juice of the lemon, mix all with four or five

ounces of butter warmed; put a paste into a shallow dish, nick the edges, and put the above into it. When served, turn the pudding out of the dish.

254. *Lemon Pudding.*

TAKE quarter of a pound of sweet almonds blanch and beat them, half a pound of sifted loaf-sugar, eight yolks of eggs and five whites, beat them very well and put them to the sugar and almonds, melt quarter of a pound of butter and put in, grate in the rinds of two lemons and squeeze in the juice, if the lemons do not yield much juice take three. Put a puff paste round the dish and bake it half an hour.

255. *Princess Charlotte's Lemon Pudding.*

PUT half a pound of loaf-sugar, and half a pound of fresh butter into a saucepan, set it over a slow fire till both are melted, stirring it well as it is very liable to burn, but do not let it boil, pour it into a basin and grate the rind of a lemon into it and leave it to cool; have ready two sponge-biscuits soaked in quarter of a pint of cream, bruise them fine and stir them into the sugar and butter; beat the yokes of ten and the whites of five eggs with a little salt, squeeze in the juice of the lemon, and mix it well in; lay a puff paste in a dish, strew it with pieces of candied lemon-peel, put in the pudding and bake it three quarters of an hour in a moderate oven. Sift fine sugar over it.

256. *An Orange or Lemon Pudding.*

MELT quarter of a pound of butter, and pour it on two ounces of grated bread. Grate in the yellow rind of two large lemons, or Seville oranges, and squeeze in the juice. Put in the yolks of six eggs, and four whites with sugar to the taste. Bake it in a dish lined with puff paste, in rather a quick oven.

257. *Apricot, Gooseberry, or Apple Pudding.*

PUT the fruit in a jar, set it in a saucepan of water on the fire till it will pulp through a colander; to a pint of pulp put the yolks of six eggs, the whites of four, quarter of a pound of butter melted, three spoonfuls of rose-water and sugar to the taste, stir all well together, and bake it in a dish in puff paste half an hour in a quick oven.

258. *Small Bread Puddings.*

POUR a pint of warm milk on a pint of grated bread, stir in it two ounces of butter, when nearly cold add five eggs well beaten, a little grated lemon peel, sugar to the taste, and two table-spoonfuls of orange-flower water; bake in small cups buttered, half an hour. Quarter of a pound of currants, and candied orange or lemon may be added, if approved.

259. *Rice Pudding with Fruit.*

SWELL the rice with a very little milk over the fire, then mix fruit of any kind with it, currants, gooseberries scalded, pared and quartered apples, raisins, or black currants; put one egg into the rice, boil it well, and eat it with sugar.

260. *A Dutch Pudding, or Souster.*

MELT one pound of butter in half a pint of milk, mix it into two pounds of flour, eight eggs, four spoonfuls of yeast, add one pound of currants, and quarter of a pound of sugar beaten and sifted.

This is a very good pudding hot, and equally so as a cake when cold.

261. *A Dutch Rice Pudding.*

SOAK four ounces of rice in warm water half an hour, drain, and throw it into a stew-pan, with half a pint of milk, half a stick of cinnamon; simmer them till they be tender. When cold, add four whole eggs well beaten, two ounces of butter melted in a tea-cupful of cream, three ounces of sugar, quarter of a nutmeg, and a good piece of lemon-peel; put a light puff paste into a mould or dish, and bake it in a quick oven.

262. *Raspberry Dumpling.*

MAKE a good puff paste, roll it, spread over it raspberry jam, roll it up, and boil it a full hour; cut it into five slices, lay it on a dish and pour melted butter round it.

263. *Apricot Pudding.*

PALE ten or twelve apricots, scald, stone, and bruise them, with some of the kernels, put a pint of boiling cream to some white bread-crumbs, when cold, add the yolks of four eggs, sugar to the taste, bake it half an hour with puff paste.

264. *Small Custard Puddings.*

TAKE a pint of cream, boil it, let it stand till it be cold, then add the yolks of five or six eggs and half of the whites, two spoonfuls of flour, a little lemon-peel or nutmeg, Bake them in small cups half an hour in a slow oven. Just before you set them in the oven, melt quarter of a pound of butter and put it in.

265. *Cheesecake Rice Pudding.*

SET quarter of a pound of ground rice, in a pint of milk, over the fire till it thickens but not till it boils, stirring it constantly; put it in a basin with quarter of a pound of fresh butter, stirring it till the butter is melted; throw a thin cloth over it and let it stand till the next day, then add three eggs well beaten,

sugar, salt and nutmeg to the taste, two spoonfuls of rose-water or orange-flower water and quarter of a pound of currants cleaned and well dried. Bake it in a dish or patty pans lined with puff paste.

266. *Arrow-root Pudding.*

To a pint of boiling milk, add two ounces of arrow-root, previously mixed smooth with a little cold milk, set it on the fire and let it boil, constantly stirring it; when cool add three eggs, a few bitter almonds blanchd and beaten, lemon-peel and sugar, bake it one hour in a moderate oven.

267. *Boiled Arrow-root Pudding.*

SET a pint of milk on the fire, mix two ounces of arrow-root with a little cold milk quite smooth like starch, when the milk is near boiling pour it upon the arrow-root stirring it all the time, return it into the pan and set it on the fire a few minutes to thicken, but do not let it boil stirring it briskly, when cold add three eggs well beaten and a little salt, boil it an hour in a buttered basin. Serve it up with melted butter and currant-jelly.

268. *Boiled ground Rice Pudding.*

SET a pint and half of new milk on the fire; mix six ounces of ground rice into a smooth batter with half a pint of cold milk; add this to the other milk when it is scalding hot, and stir them over the fire till pretty thick, then pour it into a basin, leav-

ing it uncovered till nearly cold; sweeten it to the taste, add a little salt, and four eggs well beaten. Boil it an hour and a half in a basin well buttered.

269. *A whole Rice Pudding.*

STEW quarter of a pound of rice very gently in a pint and a half of new milk; when the rice is tender pour it into a basin, stir in a piece of butter, and let it stand till quite cool, then put in four eggs, a little salt, some nutmeg and sugar. Boil it an hour in a basin well buttered.

270. *A Bread Pudding for Baking.*

PUT quarter of a pound of butter to a pint of cream, or new milk, set it on the fire stirring it all the time, as soon as the butter is melted, stir in it as much stale white bread grated as will make it moderately thick; put in three eggs well beaten, a little salt, nutmeg or mace, and some moist sugar, butter a dish and bake it three quarters of an hour. Half a pound of currants may be added.

271. *An Almond Pudding.*

BLANCH half a pound of sweet almonds, and a few bitter ones; beat them in a marble mortar, with orange-flower water, add the rinds of two lemons grated, quarter of a pound of butter melted, six

yolks of eggs and four whites, four spoonfuls of cream with sugar to the taste ; bake it half an hour in puff paste, or butter cups and fill them half full, and bake them.

272. *A Biscuit Pudding.*

SCALD a pint of cream or new milk, and pour it upon quarter of a pound of Naples biscuits, grated ; let it stand till cold, then add two spoonfuls of powdered sugar, half a spoonful of flour, some orange-flower water, or rose-water, a little mace or cinnamon, four yolks of eggs and two whites well beaten, with a little salt, mix all well together, butter a basin and dredge it with flour, put in the ingredients and boil it one hour, sift fine sugar over it and serve it up with melted butter.

273. *A George Pudding.*

BOIL very tender a handful of whole rice in a small quantity of milk, with a large piece of lemon-peel : let it drain, then mix with it a dozen good-sized apples, boiled to pulp as dry as possible ; add a glass of sherbet, the yolks of five eggs well beaten, two ounces of candied lemon and orange or citron cut very thin ; sugar to the taste, line a mould or basin with a good paste, beat the whites of the eggs to a very strong froth, and add to the other ingredients ; fill the mould, and bake it of a fine brown color ; turn it out of the mould when served up,

make a sauce for it with a tea-cupful of sherbet, some sugar, the yolks of two eggs, and a bit of butter the size of a walnut; simmer without boiling and pour it to and from the saucepan till of a proper thickness, pour it on the pudding or serve it in a boat.

274. *A Charlotte Pudding.*

CUT as many thin slices of bread as will cover the bottom and line the sides of a baking dish, but first rub it thick with butter; put apples, cut in thin slices, into the dish, in layers till it be full, strewing sugar and bits of butter between. In the mean time, soak as many thin slices of bread as will cover the whole, in warm milk, over which lay a plate, and a weight to keep the bread close on the apples: bake it slowly three hours. To a middling sized dish use half a pound of butter in the whole.

275. *Light German Puddings.*

MELT three ounces of butter in a pint of cream, let it stand till nearly cold, then mix two ounces of fine flour, two ounces of sugar, four yolks and two whites of eggs, and a little rose or orange-flower water, bake in small cups buttered, half an hour; turn them out of the cups and serve them up the moment they are done.

276. *A Carolina Rice Pudding.*

WASH quarter of a pound of whole rice and stew it gently in a pint of milk till it is pretty thick, then pour it into a basin and let it stand to cool, put to it a small tea-spoonful of beaten cinnamon, some grated nutmeg, the rind of a lemon grated, four large apples pared and chopped small, two eggs and sugar to the taste. Mix all well together, tie it tight in a cloth, and boil it an hour and a quarter.

277. *A Custard Pudding.*

TAKE two large spoonfuls of sifted ground rice, or rice flour, put to it a little salt, six eggs well beaten, some nutmeg grated, sugar to the taste, and a pint of cream or new milk, stir it well, put it in a cloth well floured, and boil it three quarters of an hour, move it about some minutes after it is put in the pan.

278. *A Quince Pudding.*

SCALD six large quinces till very tender, pare off the rind and scrape them to a pulp, sweeten them with powdered sugar, add a little powdered ginger and cinnamon, a little salt; beat the yolks of four eggs and stir a pint of cream to them, mix these with the quince and bake it in a dish with a puff paste, round the edge three quarters of an hour in a

moderate oven; when done enough sift powdered sugar over it.

279. *Cottage Pudding.*

TAKE any odd scraps of bread, cut them small add pour on them as much boiling water as will soak them well. Let it stand till cool, then press it out, and mash the bread smooth with the back of a spoon. Supposing the quantity of this to be a quart, add to it a tea-spoonful of salt, two tea-spoonful of ground ginger, some moist sugar, and quarter of a pound of currants. Mix all well together, and lay it in a dish well buttered. Flatten down with a spoon, and lay some pieces of butter on the top. Bake it in a moderate oven, and serve it hot. When cold it will turn out of the pan and eat like good plain cheesecake.

280. *A Pippin Pudding.*

PUT to a pint of cold cream enough of grated biscuit or French roll to thicken it, grate in some nutmeg, cut in some candied orange peel, sugar to the taste, and twelve eggs well beaten with a little salt. Lay a puff paste into a dish, and slice in twelve pippins upon it, laid in a regular layer. Pour in the other ingredients, and bake it for three quarters of an hour. Serve it up with powdered sugar sifted on the top.

281. *A Plum Pudding.*

RUB quarter of a pound of butter in three quarters of a pound of flour, three quarters of a pound of raisins stoned, a pint of milk, two eggs, three spoonful of moist sugar, a little salt, and a small tea-spoonful of powdered ginger. Boil it four hours.

This pudding is very good without eggs, mixed up with only as much milk as will make it up very stiff, and leaving out the sugar.

282. *Lady Heathcote's Apple Pudding.*

PUT three large apples into an earthen pot, and let them coddle till they will pulp through a colander; grate into the pulp the yellow rind of a lemon and squeeze in the juice, put in two large spoonfuls of grated bread, six ounces of butter melted, sugar to the taste, and six eggs well beaten: bake it in a dish with puff paste under it.

283. *A Rice Pudding with Cream.*

STEW quarter of a pound of whole rice in water till it is tender, pour off the water, and set over the fire with milk enough to make it moderately thick, till it is scalding hot: pour it into a basin, and stir in a piece of butter; when cold, add quarter of a pint of cream, the yolks of five eggs, and the whites of two, nutmeg and sugar to the taste. Boil it in a cloth three quarters of an hour.

284. *Butter-milk Curd Pudding.*

TURN three quarts of new milk, warm from the fire (or made milk-warm), with a quart of butter-milk, drain off the whey through a sieve, and when the curd is dry, pound it in a marble mortar with quarter of a pound of butter, half a pound of fine sugar, an ounce of sweet, and two or three bitter almonds, and a lemon boiled tender; when these are well beaten and mixed together, add two ounces of grated bread, a little salt, a tea-cupful of thick cream, five eggs with but half the whites well beaten, and a glass of rose or cowslip sherbet, stir it well and bake it in a dish or cups well buttered, turn it out and sift sugar over it.

285. *Macaroni Pudding.*

TO two ounces of macaroni of the pipe kind, put a pint of new milk, a piece of lemon-peel and a bit of cinnamon stew it gently till tender, beat three eggs well and mix them with half a pint of cold milk, a little salt, sugar to the taste, and a little grated nutmeg or powdered ginger. put a puff crust round the edge of a dish, and lay a layer of the macaroni, and then a layer of preserve, such as roseberry-jam, or raspberry, orange or apple marmalade &c. spread the remainder of the macaroni over it and pour the milk and eggs upon it. An hour will bake it in a moderate oven. Sift sugar over it when done.

286. *Cheshire Pudding.*

MAKE a crust as for any other fruit pudding, roll it out a good length rather thin; spread it with raspberry-jam or any other kind of preserved fruit; roll it up and wrap it in a cloth; tie it tight at each end and boil it according to the size. Or boil it without fruit cut in slices and lay preserves upon it.

287. *Parlour Puddings.*

SLICE half a pound of white bread, put it in a bowl with six ounces of butter, pour a pint of scalding hot milk upon it and let it stand uncovered; when cool, work it well with a spoon, then add six ounces of sugar, six eggs well beaten, a little mace or nutmeg, and grated lemon-peel, a little salt and half a pound of currants well cleaned and dried. Bake it in cups or patty pans well buttered three quarters of an hour; then turn them out on a dish and serve them up with melted butter or sweet sauce in a boat.

288. *A Scalded Pudding.*

FROM a pint of new milk take out enough to mix three large spoonfuls of flour into a smooth batter. Set the remainder of the milk on the fire, and when it is scalding hot, pour in the batter and keep it on the fire till it thickens but not till it boil, stirring it all the time. When of a proper thickness, pour it into a basin and let it stand to cool; then put in four well beaten

eggs, a little sugar and nutmeg. Boil it an hour in basin well buttered.

289. *A Potato Pudding.*

TAKE a pound of potatoes, after they are boiled and peeled, and beat them in a marble mortar, with half a pound of butter. Boil an ounce of lemon-peel, and beat it in the mortar by itself. Mix the lemons with the potatoes, add to them six yolks of eggs, and four whites, with sugar to the taste. Put it into a dish with a crust round the edge, and bake it in a slow oven.

290. *A richer Potato Pudding.*

To half a pound of boiled potatoes beaten in a marble mortar, with two ounces of butter, add quarter of a pint of cream, the rind of a lemon grated, and the juice strained in, sugar to the taste, two ounces of almonds beaten with orange-flower water, some candied orange-peel cut thin, and the yolks of six eggs well beaten with a little salt. Bake this in a dish, with a puff crust round the edge of it, for an hour, in a moderate oven. Sift powdered sugar over before it is sent to table.

291. *Batter Pudding without Eggs.*

Mix a pound of flour with a pint of milk, beat it all quite smooth, and add a little salt and powdered ginger. Boil it in a cloth an hour and a half. — Ginger beer may be used instead of milk.

292. *Drop Dumplings.*

HALF a pint of milk, two eggs, a little salt, and flour enough to make a very thick batter. Have a pan of water boiling very fast, and drop the batter into it a large spoonful at once, about three minutes will boil them. Take them up with an egg slice that the water may drain from them, eat them hot with cold butter.

293. *Plain boiled Bread Pudding.*

GRATE white bread enough to fill a pint measure, pour upon it a pint and a half of new milk made scalding hot, and let it stand uncovered till cold. Work this smooth with a spoon, put in sugar to the taste, and three eggs well beaten with a little salt. Boil this in a basin well buttered, for an hour and a quarter.

It is very good baked.

294. *Carrot Pudding.*

WASH and scrape some carrots, and boil them till very tender in a good deal of water, take off the red part, and rub half a pound of the middle part through a sieve. Add to it four ounces of butter melted, half a pound of grated white bread, half a pint of cream, a little salt, six eggs well beaten, sugar to the taste, a wine-glass of orange-flower water, and some candied orange or lemon-peel cut thin. Bake it half an hour in a dish with puff paste round the edge. Sift fine sugar over it before it be served up.

295. *A Spoonful Pudding.*

A spoonful of flour well beaten up with a spoonful of cream or milk, one egg, a little salt and a little powdered ginger, boil it half an hour in a cup well buttered.

296. *Oxford Dumplings.*

TAKE two ounces of grated bread, four ounces of butter, four ounces of currants, two large spoonfuls of flour, a dessert-spoonful of grated lemon-peel, a little pimento in fine powder. Mix with two eggs and a little milk into five dumplings and fry them in butter of a fine yellow brown. When made with flour instead of bread, only half the quantity, they are very good.

297. *Bread Pudding.*

TAKE a loaf of white bread cut a hole in the bottom add as much good milk as it will soak up, tie it in a cloth and boil it an hour. It may be improved by first boiling the milk with a little cinnamon in it and when cold add two or three eggs before it is poured upon the loaf. Serve it up with melted butter or sweet sauce.

298. *Cottage Pudding.*

Two pounds of potatoes pared, boiled and mashed, one pint of milk, three eggs, and two ounces of sugar, mix them well together with a little salt; bake it three quarters of an hour.

299. *Nassau Pudding.*

COVER a dish with puff paste, spread it with marmalade or raspberry-jam the third of an inch thick, put eight yolks and four whites of eggs in a pan with quarter of a pound of butter and six ounces of lump sugar bruised, stir them together on a slow fire ten minutes; when cold put it in the dish and bake it.

300. *Boiled Curd Pudding.*

RUB the curd of two gallons of milk well drained through a sieve, mix with it six well-beaten eggs, a little cream, two spoonfuls of orange-flower water, a little pounded mace, three spoonfuls of bread-crumbs, three spoonfuls of flour, currants and raisins half a pound each: boil it an hour in a thick well-floured cloth.

301. *A common Rice Pudding.*

WASH and pick quarter of a pound of rice, put it in a dish with a quart of milk and some sugar, a little butter may be added but it is very good without.

302. *Another very good Rice Pudding.*

WASH and pick half a pound of rice, put to it three pints of new milk and a pinch of salt, bake it till the milk is all absorbed, take off the skin, butter a basin and put in the rice, press it down with a

wooden spoon, put it in the oven a few minutes, then turn it out on a dish and serve it with melted butter. Currant-jelly or preserved fruit of any kind may be eaten with it.

303. *Black-Cap Pudding.*

MAKE a fine smooth thin batter of a pint of milk, three well-beaten eggs, a little salt and good fine flour; add about six ounces of currants, boil it in a buttered basin an hour; serve it up with melted butter.

304. *Oatmeal Pudding.*

Pour a quart of boiling milk over a pint of the best fine oatmeal: let it soak all night; the next day add two beaten eggs, and a little salt, butter a basin that will just hold it, cover it tight with a floured cloth and boil it an hour and a half. Eat it with cold butter and salt. When cold slice and toast it, and eat it as oatcake buttered.

305. *Hard Dumplings.*

Mix some flour with a little salt into a stiff paste either with milk or water, make it up into balls with a little flour, throw them into boiling water and boil them half an hour. They are very good eaten with cold butter. A few currants are a very good addition, but they require boiling fifteen or twenty minutes longer.

306. *Puddings in haste.*

BREAK some butter in small pieces into some grated bread, add a few currants, the yolks of four eggs and two whites, some grated lemon-peel and ginger, mix well together and make it up into small balls about the size and shape of an egg with a little flour. Throw them into a pan of boiling water, when they rise to the top they are enough; about twenty minutes is the time required. Serve with sweet sauce.

They may be made as New College Puddings by adding sugar, nutmeg, and some candied orange, made up into balls the size and shape of a goose-egg and fried in butter over a slow fire a nice brown.

307. *Quaking Pudding.*

MIX a pint of cream or very good milk gradually to two spoonfuls of flour, beat it quite smooth, add to it five well beaten eggs, a little salt and sugar, strain it into a basin well buttered for an hour and a half.

308. *Boiled Batter Pudding with Fruit.*

BEAT the yolks of five and the whites of three eggs, add a few spoonfuls of new milk to be taken from a quart (the quantity to be used), and a little salt, mix in six large spoonfuls of flour and beat till quite smooth, add the remainder of the milk by degrees; put in the fruit, such as prunes, French plums,

raisins or currants and pour it into a basin well-buttered and then dredged with flour.

These puddings are very good baked, with fresh fruits, but only two eggs put in the batter, a quart of milk, four spoonfuls of cream and a tea-spoonful of powdered ginger.

309. *A Bread Hasty Pudding.*

SET a quart of new milk on the fire, and, when scalding hot, put in grated bread, till it is about the thickness of common hasty pudding. Beat the yolks of two eggs with a little salt; take out a few spoonfuls of the milk before you put in the bread to mix with them. Add this to the rest, and stir it over the fire two or three minutes. It must never be suffered to boil. Eat this with sugar, or sugar and cold butter. It is very good without the eggs.

310. *Flour Hasty Pudding*

BEAT the yolks of two eggs with half a pint of cold new milk, and a little salt. Stir this by a little at a time into flour and beat it to a very smooth batter. Set a pint and half of milk on the fire, and when it is scalding hot, pour in the batter, stirring it well that it may be smooth and not burn, let it be over the fire till it thickens, but it must not boil. Pour it out the moment it is off the fire. This eats well with cold butter and sugar, and a little vinegar. Fine oat meal used with the flour, an equal quantity

of each, makes this a very wholesome pudding. This is very good without the eggs and boiled a few minutes.

311. *Cowslip Pudding.*

CUT and pound the flowers of half a peck of cowslips, add quarter of a pound of Naples biscuits grated, three gills of thin cream, boil them a little, then beat six eggs with a little rose-water sweetened; mix all together, butter a dish and pour it in. Bake it, and when done, sift fine sugar over it.

312. *A Quaker's Pudding.*

TWO pounds of potatoes boiled and mashed, one pound of flour and a little salt mixed well together into a stiff paste, tie it in a cloth a little wet and dusted with flour: boil it two hours. A little butter mashed in the potatoes and a few raisins are an improvement. Serve it up with sweet sauce.

313. *Cabbage Pudding.*

SCALD one or more nice tender cabbages, bruise and season it with a little mace or nutmeg, ginger, pepper and salt, put in some green gooseberries or barberries, and either a few large spoonfuls of swelled rice or bread-crumbs, add some butter broken in small pieces, mix it well with the yolks of four eggs well beaten. Wrap it up in a large cabbage-leaf, tie it in a cloth, and boil it an hour.

314. *Spinage Pudding.*

PICK and wash quarter of a peck of spinage, put in a saucepan with a little salt covered close, when boiled tender throw it into a sieve to drain; then chop and mix it with some grated bread, half a pint of cream, a little nutmeg, salt, and two ounces of melted butter, add four well-beaten eggs, set it on the fire till it thickens; then wet and flour a cloth, tie it up and boil it an hour. Pour melted butter and sifted fine sugar over it.

315. *Another Spinage Pudding.*

A pint of grated bread, three ounces of butter cut in small pieces, half a pound of currants, sugar, nutmeg and salt; mix all together with half a pint of spinage-juice, three spoonfuls of cream and three eggs, boil it an hour and a half in a basin well buttered.

316. *A Christian's Plum Pudding.*

RUB half a pound of butter into a pound of flour, add a pound of currants, a pound of raisins stoned and cut a little, the grated rind of a lemon, four well-beaten eggs, mace or nutmeg, two ounces of dried orange sliced, a little salt, and as little milk will make it up quite stiff: boil it in a floured cloth four hours. Serve with sweet sauce.

This pudding will keep several months, boiled six hours if kept tied up in the cloth and hung up folded

in a sheet of cap-paper to keep out the dust after it is cold. When to be used it must boil a full hour.

317. *Ground Rice Pancakes.*

SET a pint of new milk on the fire, and when it is scalding hot stir into it three ounces of ground rice mixed up with quarter of a pint of cold milk ; keep it on the fire till it thickens, but do not let it boil, put it into a basin to cool, stirring in quarter of a pound of butter : when cold add some sugar, salt, powdered cinnamon and four eggs well-beaten ; fry them to a nice light brown ; and sift sugar over them.

318. *Potato Fritters.*

TO half a pound of potato scraped after it is boiled, add a large spoonful of cream, four eggs well-beaten, a little salt, half a spoonful of lemon-juice, a wine-glass of sherbet, and a little nutmeg grated, beat these to a light batter and fry them in butter the usual size of fritters : serve them up with sugar sifted over them.

319. *Apple Fritters.*

TO quarter of a pound of flour, add four or five spoonfuls of cream or new milk, a little salt, and three eggs well-beaten, beat the whole into a smooth batter, pare and slice some apples, taking out the core, dip them in the butter and fry them : serve them up with powdered sugar sifted over them.

Apricots, peaches, pears, peeled and sliced may be used instead of apples; preserved fruits also of a solid kind, may be cut into proper-sized slices and used in the same way. The batter may be made with a pint of ginger-beer instead of milk, and as much flour as will make rather a thick batter, two ounces of butter melted and put in, three eggs and a little salt.

320. *Common Pancakes.*

BEAT two eggs and put to them a little new milk taken from a pint, a little salt and three large spoonfuls of flour, mix it to a smooth batter, then by degrees add the remainder of the milk: fry them in butter of a nice brown. They will be very good without eggs, made with ginger-beer instead of milk.

321. *Cream Pancakes.*

PUT an ounce of butter into half a pint of cream, set it on the fire till the butter is melted, then mix it gradually into two spoonfuls of flour, add the yolks of two eggs, a little nutmeg and salt; fry them in a small pan: a small piece of butter may be put in the pan when the first is fried.

322. *Apple Fritters.*

Mix batter as for a pudding, only rather thicker, chop some apples small, and put them in, fry them in oil or butter; a large table-spoonful will make

them a proper size. Another way of making them is to cut the apples (when pared) in slices, and dip them in a thick batter and fry them. The apples should be of a good baking kind, or they will eat yard. Sugar and butter may be eaten with them. Currant fritters may be made in the same manner.

323. *New-England Pancakes.*

Mix a pint of cream, five spoonfuls of fine flour, five eggs, and a very little salt; fry them very thin in fresh butter, and between each strew sugar and cinnamon. Serve up six or eight at once.

324. *Potato Fritters.*

SLICE potatoes thin, dip them in a fine batter and fry them. Serve them up with white sugar grated over them. Lemon-peel and a spoonful of orange-flower water may be added to the batter.

325. *Rice Fritters.*

BOIL quarter of a pound of rice in milk till it be rather thick, then mix it with a pint of good milk, four eggs, some sugar, cinnamon, nutmeg, six ounces of currants, a little salt, and as much flour as will make it into a thick batter. Take a separate spoonful for each fritter, fry them in butter to a light brown. Serve them up with white sugar and butter.

326. *Hasty Fritters.*

TAKE half a pint of ginger-beer and stir into it by degrees, a little flour, put in a few currants or chopped apples, beat them up quickly, and fry them in butter, drop a large spoonful for each into the pan, taking care that they do not stick together, turn them, and when they are of a fine brown, lay them in a dish and strew sugar over them.

327. *Dish of Rice and Apples.*

BLANCH Carolina rice, strain it, and set it to boil in milk, with lemon-peel and a bit of cinnamon. Let it boil till the rice is dry; then cool it, and raise a rim three inches high round the dish; having egged the dish where it is put, to make it stick. Then egg the rice all over. Fill the dish half-way up with a marmalade of apples; have ready the whites of four eggs beaten to a fine froth, and put them over the marmalade: then sift fine sugar over it, and set it in the oven, which should be hot enough to give it a beautiful color.

328. *Tansey Fritters.*

POUR a pint of boiling milk on a pint of bread-crumbs, let it stand an hour, then add tansey-juice to the taste, and some spinage-juice, the grated rind of half a lemon, the yolks of four eggs well-beaten; mix all well together and put them into a stew-pan

with three ounces of butter, stir it over a slow fire till quite thick, then pour it out and let it stand two hours, fry it in butter the same as other fritters and sift sugar on them.

329. *Buttered Rice.*

WASH and pick some rice, drain, and put it with some new milk, enough just to swell it, over the fire; when tender pour off the milk, and add a bit of butter, a little sugar, and pounded cinnamon; shake it, that it do not burn, and serve.

330. *A Supper Dish.*

WASH a tea-cupful of rice, and boil it in milk till tender; strain off the milk, lay the rice in little heaps on a dish, strew over them some finely powdered sugar and cinnamon, and put warm sherbet, and a little butter into the dish.

331. *Sweet Omelet.*

To a gill of cream or good milk put four well-beaten eggs, sugar, nutmeg or cinnamon, and a small pinch of salt. Fry it to a nice light brown on a slow fire, sift fine sugar over.

332: *Spanish Puffs.*

BOIL a stick of cinnamon, a piece of lemon-peel and a little sugar, in three quarters of a pint of

water for ten minutes; let it cool, then add to it three eggs well-beaten, and shake in three large spoonfuls of flour, beat them well together, then add three more eggs and simmer the whole over the fire till it thickens almost to a paste: melt some butter in a frying pan, drop them in with a tea-spoon and fry them to a delicate nice brown.

333. *Pudding Cakes.*

PUT four yolks and two whites of eggs to a pint of milk, mix with it half a pint of bread-crumbs grated fine, a little nutmeg, six ounces of currants, quarter of a pound of butter melted, a little salt, and flour sufficient to make it of a moderate thickness; fry them the size of a fritter.

334. *Rice Pancakes.*

STEW half a pound of rice till very tender in as much water as will keep it doing properly, let it stand uncovered till cold, then mash it very fine and put to it half a pint of scalded cream, two ounces of butter melted, quarter of a pound of flour, a little salt and nutmeg or cinnamon, five eggs well-beaten, fry them in pancakes or fritters and sift sugar over them. It makes a nice pudding either baked three quarters of an hour, or boiled one hour.

335. *Apple Pancakes.*

PARE and cut some apples in thick slices fry them in butter to a light brown, keep them as whole as pos-

sible, when tender, take them out, melt some butter in the pan and put in some batter as for a pancake, then put in a layer of apples, then a little more batter, fry them to a nice brown and strew sugar on each pancake.

336. *Apple Tansey.*

PAKE and slice some apples thin, fry them in good butter, beat four eggs with six spoonfuls of cream, some rose-water, sugar and nutmeg, stir them together and pour it over the apples, fry it to a nice brown then turn it carefully. Serve it up with fine sugar sifted over it.

337. *Gooseberry Tansey.*

MELT some good butter in a frying-pan, put in a quart of gooseberries, fry them till tender and mash them, beat six yolks of eggs and three whites, sugar to the taste, four spoonfuls of cream, four large spoonfuls of bread-crumbs, three spoonfuls of flour, mix all together, then put to them the gooseberries, and set them in a saucepan on the fire to thicken, then fry them in fresh butter and sift sugar on them.

338. *Bockings.*

MIX three ounces of buck-wheat flour, with a teacupful of warm milk, and a spoonful of yeast, let it rise an hour before the fire, then add four eggs well-beaten, and as much milk as will make the batter the usual thickness for pancakes and fry them the same.

339. *Rice Fritters.*

BOIL the rice in milk, put in a little cinnamon, and the peel of a lemon, sweeten it with sifted sugar; when the rice is done take out the lemon-peel and cinnamon, and stir a piece of butter in, add four eggs, and a little nutmeg; butter a pewter dish and spread the rice on it; when cold, cut it out with a cutler of what shape you think proper, then dip the rice in beaten egg, and fry them in butter a nice brown. Serve them up with fine sugar.

340. *Carrot Fritters.*

BEAT two or three boiled carrots with a wooden spoon till they are quite smooth, put to each carrot two eggs, a little nutmeg and salt; to three carrots put a handful of flour, moisten them with a little cream or milk, add sugar to the taste, beat them well half an hour and fry them in butter or fine olive-oil, squeeze over them the juice of a lemon and sift fine sugar.

341. *Snow Balls.*

PARE and core as many large apples as there are to be balls, wash some whole rice, about a large spoonful to an apple will be enough, boil it a little in water or milk with a pinch of salt and drain it, spread it on the dumpling-cloths, and put in the apples, boil them an hour. Put them into cold water before they are turned out of the cloths.

PIES, TARTS, &c.

342. *Sweetmeats.*

SWEETMEATS made with syrups may be made into pies the same as raw fruit, and the same crusts may be used for them: Tarts made of any kind of jam are commonly made with a crust laid round the bottom of the dish, the sweetmeat then put in, and only small slips of paste laid across, or otherwise, over the top. For these the sugar-paste may be used, if preferred. Little tartlets are made in the same way, only baked in tins and turned out.

343. *To make an Apple Pie.*

MAKE a good puff paste, lay a little of it round the sides of the dish; lay a row of apples pared and cored thick in the dish, throw in half the sugar you design for your pie, a little grated lemon-peel; if the apples are not sharp, squeeze a little lemon-juice over them, then add the rest of the apples and sugar. Boil the peelings of the apples and the cores in some spring water, till tender; strain out the juice and boil the

syrup with a little sugar, till there be but a very little and good ; pour it into your pie, put on your paste and bake it. You may put in a little quince or marmalade if you choose.

In this way you may make a pear pie ; but do not put in any quince. You may butter them when they come out of the oven ; or beat up the yolks of two eggs and a little cream, with a little nutmeg, sweetened with sugar, take off the lid and pour it in.

344. *Prune Tart.*

GIVE the prunes a scald, take out the stones and break them ; put the kernels into a little cranberry-juice, with the prunes and sugar, simmer, and when cold, make it into a tart.

345. *Cherry Pie.*

HAVING made a good paste, lay a little of it round the sides of your dish, and strew sugar at the bottom, then lay in your fruit, and some sugar at the top, put on your lid, and bake it in a slow oven. If you mix some currants with the cherries, it will be an improvement.

A plum or gooseberry pie, may be made in the same manner.

346. *Rhubarb Tarts.*

TAKE the stalk of rhubarb, peel and cut it to the

size of a gooseberry, and make it in the same way as a gooseberry tart.

Gooseberries mixed with rhubarb make a very good tart.

347. *Mince Pies.*

TAKE six good-sized lemons, squeeze out the juice, and scrape out all the pulp and skins, then boil the rinds till they are quite tender, changing the water five or six times to take out the bitterness; chop them in a bowl with half a pound of apples and a pound of raisins stoned, add a pound of currants, a pound of sugar, the juice of the lemons, and three quarters of a pound of butter melted and stirred up well amongst them; put it close down in a pot and tie a paper or bladder over it, and it will keep six or seven weeks in a cool, dry place. A little mace, and candied orange or lemon may be added if approved.

348. *Egg Mince Pies.*

BOIL six eggs hard, chop them small, melt six ounces of butter and put in, a pound of currants well cleaned and dried, the grated rind of a lemon and juice, mace, nutmeg, sugar, and a very little salt: candied orange and lemon. Bake in puff paste.

349. *French Tart.*

ONE pound of flour, six ounces of butter, four ounces of sugar, make a thin paste, lay it in a shallow dish, and strew it all over with plums,

apples or any other fruit, then strew sugar according as you think proper, put no paste on the top.

350. *Apple, Gooseberry, and other Fruit Pies.*

BUTTER the edge and sides of the dish, and lay border of crust over them, then put in the fruit with sufficient quantity of sugar. Roll out the crust, and lay it over the top of the dish. Either the light puff crust, the crust for tourtes, or the short crust, may be used at pleasure for these pies. An apple pie may be flavoured by putting in a little quince, either raw or preserved, or grated lemon-peel. Black currants, though not in general use for fruit pies, make a pie of which many people are extremely fond; they require a good deal of water in the dish. A little fine sugar sifted over the pie when to be served up, makes it look nicer.

351. *Macaroni Tart.*

BOIL tender in salt and water a little macaroni, drain it off, put a little butter and your macaroni into stew-pan. Fry it a little, put in some sugar, beaten cinnamon, and half a pint of cream, boil it pretty thick, then cool it, cover the bottom of a tart-pan with puff paste, put in your macaroni with custard over it, bake it to a good color, serve it up.

352. *A Crust for making the French Pies called Tourtes.*

To a pound and half of flour allow three quarters of a pound of butter and half an ounce of

salt; put the flour in a bowl, make a hole in the middle and put in the salt and butter cut in small pieces; pour the water in with great care, as there should only be water enough just to make it hold together and roll it smooth, work the butter and water up well together with the hands and then by degrees mix in the flour; when the flour is all mixed in, mould the paste till it is smooth and free from lumps; let it lie two hours before it be used. It is a very nice crust for putting round a dish for baked fruit puddings.

353. *Light Puff Crust.*

Mix a pound and half of flour with just water enough to make it into a paste and a little salt, mould it lightly together and let it lie two hours; then roll out the paste and put a pound of butter into the middle of it, fold the ends of the paste over and roll it out, then fold it over again and roll it, repeat this six times in winter and five in summer, it should not be more than half an inch thick each time it is rolled, and a little flour dusted lightly over and under it to prevent it sticking: this is a very light and delicate crust.

* 354. *Tourtes made after the French manner.*

HAVING made a crust as directed for this purpose, roll it out, and cut it round by a plate, according to the size required for the tourte. Lay the paste on a sheet of tin, then spread the sweetmeat upon it,

which must be a jam or marmalade, not a sweetmeat made with syrup, but do not spread it too thick, leaving a border round the edge an inch, or an inch and a half wide according to the size of the tourte. Wet the border with a feather dipped in water, and then lay over it another border of the crust rolled tolerably thick, so as to rise just above the sweetmeat. Ornament this border according to the fancy, and lay over the sweetmeat little ornaments of paste cut with the jagging iron, or otherwise according to the taste; about an hour will bake it. Sift a little fine sugar over it before it is sent to table. If preferred, the border may be made of the light puff crust; it renders the tourte rather more delicate.

355. *Rice paste for Sweets.*

BOIL quarter of a pound of ground rice in the smallest quantity of water, strain from it all the moisture as well as you can, beat it in a mortar with half an ounce of butter, and one egg well beaten, and it will make excellent paste for tarts.

356. *Rich Puff Paste.*

To one pound of flour, take three quarters of a pound of butter, break a little butter into the flour, and mix it with as little water as will make it in a stiff paste, roll it out, and lay the butter on in thin slices, dredge it well with flour, double it up and roll it out thin twice, handle it as little as possible.

It is better to roll the butter in at twice. Bake it in a quick oven or it will not be light.

A paste less rich may be made with two pounds of flour, and half a pound of butter, rub them together, and mix into a paste with a little water, two well-beaten eggs and a little salt, fold it up and roll it four times.

357. *Another Way.*

BEAT the white of an egg to a froth, add as much water as will make twelve ounces of flour into a stiff paste, roll it very thin, and lay five ounces of butter on in small slices, dredge it, fold it up and roll it out three times.

358. *Another.*

RUB extremely fine six ounces of butter into one pound of flour well dried, and a spoonful of sifted loaf sugar, work up the whole into a stiff paste with as little hot water as possible.

359. *Paste for Custards.*

To half a pound of flour put a quarter of a pound of butter, the yolks of two eggs, and three spoonfuls of cream, mix them up together, and let it stand quarter of an hour; then work it up and down, and roll it out very thin.

360. *Excellent Short Crust.*

TAKE two ounces of white sugar pounded and sifted, and well dried, mix it with a pound of very

dry flour, rub into it three ounces of butter, so fine as not to be seen; beat the yolks of two eggs and add as much cream as will make it into a smooth paste, roll it thin, and bake in a more moderate oven than for puff paste.

361. *Another.*

Mix an ounce of sugar pounded and sifted with a pound of flour well dried, rub three ounces of butter in it till it looks all like flour, and with a gill of boiling cream work it up to a fine paste.

CHEESECAKES, CUSTARDS, &c.

362. *Cheesecakes.*

SET a pint of cream on the fire, and when it boils beat in six eggs, half the whites well beaten. When it becomes a fine curd strain it through a lawn sieve, and while the curd is hot slice in quarter of a pound of butter. Let it stand till cool, then add two ounces of almonds blanched and beaten with orange-flower water, a little beaten mace, and sugar to the taste. Bake them in puff paste. Add currants if approved.

363. *Plain Cheesecakes.*

THREE quarters of a pound of cheese curd, and quarter of a pound of butter, beat together in a mortar. Add quarter of a pound of bread soaked in cream or milk, three eggs, six ounces of currants, sugar to the taste, a little candied orange-peel. Bake them in a puff crust in a quick oven.

364. *Lemon Cheesecakes.*

Quarter of a pound of melted butter, four eggs, two ounces of Naples biscuits grated, the juice of a lemon and the rind grated, with sugar to the taste. Bake them in puff crust, and be careful not to overfill them. Add more lemon-juice if wanted.

365. *Lemon Cheesecakes.*

BOIL the rinds of two lemons till quite soft, changing the water twice, pound them in a marble mortar; add six yolks of eggs and four whites, half a pound of sugar, a pint of cream, the juice of two lemons, and two Naples biscuits grated; mix well together and set it over a slow fire to thicken, stirring it all the time; when it begins to thicken take it off the fire, stirring it till cold; bake them in patty pans lined with puff paste; sift fine sugar over them before they are set in the oven.

366. *Almond Cheesecakes.*

BLANCH half a pound of sweet almonds, beat them well with a little orange-flower water, two Naples biscuits grated, half a pound of butter melted, eight yolks of eggs and four whites, the juice of a lemon or Seville orange, and the rind grated, sugar to the taste: bake them in puff paste.

367. *Almond Cheesecakes.*

TAKE six ounces of almonds, beat them with a little rose-water in a marble mortar; six ounces of butter beaten to a cream, half a pound of fine sugar, six eggs well-beaten, a little mace: bake them in small tins in cold paste.

368. *Lemon Cheesecakes.*

BLANCH, and beat very fine, three ounces of sweet almonds, and half an ounce of bitter ones, add the yolks of four eggs, six ounces of sugar, and six ounces of butter melted, put in the rind of one lemon and a half grated; grate a little fine loaf sugar over them before you set them in the oven.

369. *Another Way.*

TAKE two large lemon-peels, boil, and pound them in a mortar with about six ounces of loaf sugar,

the yolks of six eggs, mix all well together, and fill the pans about half full.

Orange cheesecakes may be done in the same way, but be careful to boil the peel in two or three waters to take out the bitterness.

370. *Rice Cheesecakes.*

BOIL four ounces of ground rice in a pint of good milk; when nearly cold, add four eggs well-beaten, six ounces of butter melted, a little cinnamon beat fine, a little rose or orange-flower water, sweeten it, and bake it in small tins lined with paste.

371. *Curd Cheesecakes.*

PUT a little rennet into about three or four pints of new milk, drain the whey well from the curd, then roll it in a wooden bowl with a little butter, when rolled smooth, add the yolks of three eggs, a little cream, rose-water, and sugar, a few almonds, and a little nutmeg or mace; just before it is baked, put in the whites of the three eggs beaten to a froth, and some currants.

372. *Bread Cheesecakes.*

POUR a pint of boiling cream on a sliced roll and let it stand two hours, add five or six well-beaten eggs, quarter of a pound of butter melted, some pounded mace; beat them well together, add half a

ound of clean, dry currants, and a table-spoonful of
herbet or orange-flower water, bake them in puff
paste, or raised crusts.

373. *Apple Cheesecakes.*

GRATE half a pound of apples, add quarter of a
pound of butter melted, and quarter of a pound
of sugar, the yolks of four and the whites of two
eggs, the juice and grated rind of a lemon, bake
them in puff paste.

374. *Potato Cheesecakes.*

SCRAPE out the inside of two middling-sized
lemons, boil them till tender and beat them in a
marble mortar with four ounces of sugar, then add
six ounces of boiled mealy potatoes mashed quite fine
and smooth, add four ounces of butter melted in a
little cream: when well mixed let it stand till cold.
Put paste in patty-pans and rather more than half
fill them. Bake them in a quick oven half an hour,
but before you set them in the oven sift fine sugar
on them.

375. *A Dish of Rice in Puff Crust,* *Sir Kenelm Digby's way.*

BOIL some rice in fair water very tender, skim it,
and when done enough, put it into a dish. Add to
some butter, sugar, nutmeg, salt, rose-water, and
the yolks of six or eight eggs. Put it into a dish

lined with puff crust, lay a crust over it, and bake it. When baked ice it. For a change, boiled currants and beaten cinnamon may be added, and the nutmeg omitted.

376. *Baked Custard.*

BOIL a pint of cream with a little cinnamon, when cold add four eggs beaten and strained, a few bitter almonds beaten fine, nutmeg and sugar ; bake it in cups.

377. *Common Custard.*

TO a quart of new milk put six eggs ; boil a few bitter almonds blanchèd and beaten, and a little cinnamon in quarter of a pint of milk, put all together, sweeten it, and bake it in raised paste, or dishes lined with paste.

378. *Biest Custards.*

SET a pint of biest over the fire, with a little cinnamon, and three bay or laurel leaves, keep stirring it till it be scalding hot, then take it off ; have ready mixed a spoonful of flour, and the same of thick cream ; pour the hot biest upon it by degrees, mix it well together, and sweeten it to your taste.

379. *Almond Custards.*

TAKE three gills of cream, boil it well with a little cinnamon, take it off to cool, blanch and beat

one ounce and half of almonds, five yolks of eggs, two whites, and some loaf sugar, set it on the fire, keep stirring it till it be tolerably thick, then take it off, and let it stand to go cold, giving it a stir now and then; when cold put it in cups.

A few bitter almonds may be added if approved.

380. *Boiled Custards.*

IF made with cream, four yolks of eggs should be allowed to a pint; but where good cream cannot be had, they may be made with milk, allowing six yolks of eggs to a pint, and adding a tea-spoonful of Indian arrow-root, or fine rice flour. Sweeten them with fine sugar, and add a few bitter almonds pounded fine, or boil a laurel-leaf in them, which will have the same effect; or a little orange-flower or rose-water may be put in, according to the flavor preferred. Be very careful to stir them all the time they are on the fire, to prevent their curdling. Preserved oranges cut in halves, and the inside taken out and filled with boiled custard makes a very nice dish. The French often flavour their custards with a very small quantity of coffee or chocolate, or with vanilla, any of which are very pleasant, but the latter particularly.

381. *Baked Custards.*

BOIL a pint of milk or cream with a piece of cinnamon or a laurel-leaf, let it stand till nearly cold: if cream add four yolks of eggs; if milk, six; with sugar to the taste; pour them into cups and bake them.

382. *Almond Custards.*

A pint of cream, quarter of a pound of almonds blanch'd and beat fine with orange-flower water, the yolks of four eggs, and sugar to the taste. Stir it over the fire till it thickens, and then pour it out into cups.

383. *Gooseberry Custard.*

SCALD green gooseberries in water, drain them from the water, and pulp them through a colander. To a pint of pulp put four eggs, two spoonfuls of orange-flower water, and sugar to the taste. Set it over the fire till it thickens, when cold put it into glasses or cups.

384. *Cream Curds.*

TAKE a quart of cream, strain and beat six eggs into it, and mix them well together; set a pan on the fire with three quarts of spring-water, when it boils, put in a spoonful of vinegar, and pour in your cream and eggs; as they rise, pour in a little cold water; when they are quite risen up, take the pan off the fire, pour them in a cloth laid in a colander, and take them up with a slice to drain.

BREAD, BUNS, &c.

385. To make Bread with Leaven.

TAKE a piece of leaven the size of a goose-egg to half a peck of flour, make a hole in the middle of the flour and break the leaven into it, and put as much water made milk-warm as will wet half the flour: mix the leaven and flour well together, then cover it over with the remainder of the flour, and let it stand all night. The next morning the whole lump will be well fermented or leavened; add a little salt and as much warm water (not warmer than new milk) as will mix it, knead it up quite stiff and firm till it be smooth and pliable, the more it is kneaded the better: let it stand by the fire about two hours then make it up into loaves and bake them.

In the northern counties where leaven is most used, it is common to mix some rye flour in the proportion of about a fourth part, with the wheaten flour in leavened bread.

386. *To make Bread with Yeast.*

PUT some water milk-warm to as much yeast as will be required, stir it well together and let it stand to settle five or six minutes; then make a hole in the middle of your flour, and pour the water carefully off leaving the brown sediment at the bottom, add more water and mix it with a part of the flour into a kind of batter: strew a little flour over it and let the remainder lie round it. This is called setting the sponge and should be done two hours at the least previous to kneading, for a large quantity it should be done the night before, and by morning it will be much risen: add then more warm water and some salt, knead it exceedingly well into a pretty stiff dough, and let it rise two hours or less according to quantity, then make it into loaves.

A quartern loaf requires about two hours and a half in a well-heated oven, smaller ones in proportion.

387. *Bread with Potatoes.*

To fourteen pounds of good sound flour either coarse or fine, take five pounds of potatoes pared and washed very clean, boil them in a proper quantity of water till quite soft, mash them and rub them through a wire sieve or a tin colander into the middle of the flour adding water sufficient to make it of a proper heat, and some salt; when well mixed add a due proportion of yeast, cleared with warm water as in the preceding receipt, let it rise an hour or

more in the sponge and then knead it very well, let it stand to rise an hour or longer according to quantity, and bake it in the usual way.

388. *To make Bread with a mixture of Rice.*

BOIL a pound of rice in water till quite tender, pour off the water, and put the rice before it is cold to six pounds of flour, add the usual quantity of yeast, a little more than the usual quantity of salt and as much luke-warm water (adding the water the rice was boiled in), as will make it into dough, it will require the same time to rise, and is to be baked in the same way.

This bread eats well, and is not so soon stale as the common bread.

389. *Bread for Toast and Butter.*

TAKE two pounds of flour after being gently warmed before the fire, and rub into it half a pound of warm mealy potatoes. When well mixed, add a proper quantity of yeast and salt, with warm milk and water sufficient to make it into dough, which must be allowed two hours to rise, before being formed into a loaf; then put it into a tin, and when in the oven take care it be not over-browned.

390. *The Rev. Mr. Hagget's Economical Bread.*

ONLY the coarse flake bran is to be removed from the flour; of this take five pounds, and boil it in

rather more than four gallons of water ; so that when perfectly smooth, you may have three gallons and three quarts of bran-water clear. With this knead fifty-six pounds of the flour, adding salt and yeast in the same way and proportions as for other bread. When ready to bake, divide it into loaves, and bake them two hours and a half. — Thus made, flour will imbibe three quarts more of bran-water than of plain ; so that it not only produces a more nutritious substantial food, but makes an increase of one-fifth of the usual quantity of bread, which is a saving of one day's consumption out of six ; and if this was adopted throughout the kingdom, it would make a saving of ten millions sterling a year, when wheat was at the price it stood in the scarcity, reckoning the consumption to be two hundred thousand bushels a day. The same quantity of flour which, kneaded with water, produces sixty-nine pounds eight ounces of bread, will, in the above way, make eighty-three pounds eight ounces, and gain fourteen pounds. At the ordinary price of flour four millions would be saved. When ten days old, if put into the oven for twenty minutes, this bread will appear quite new again.

391. *Excellent Rolls.*

WARM an ounce of butter in half a pint of milk, put to it a spoonful and a half of yeast, and a little salt. Put two pounds of flour in a bowl, and mix in the above ; let it rise an hour, then knead it well ;

make it into seven rolls, and bake them in a quick oven.

A little saffron boiled in half a tea-spoonful of milk and strained into the above is a great improvement.

392. *Rolls with a mixture of Potatoes.*

DRY a pound and a half of flour. Bruise a pound of well boiled mealy potatoes, and work them with half an ounce of butter, and half a pint of milk, till they will pass through a colander. Put a quarter of a pint of warm milk to quarter of a pint of yeast, add a little salt and warm milk enough to make it the usual stiffness of dough. Let it stand before the fire to rise, then work it up into common sized rolls, and bake them half an hour in a pretty quick oven. They eat well toasted and buttered.

393. *Scalded Bread.*

TAKE about half the quantity of flour you intend to use, pour boiling water upon it, stirring it till it be all like a stiff paste, let it stand till cold, then knead with the remainder of the flour, adding warm water, yeast and salt as for other bread: it must be extremely well kneaded, then let it rise two or three hours; bake it in tins that will hold about twelve pounds, the oven should be hot as for other bread about three hours after the bread is put in; but it should remain in the oven five or six hours longer

than bread made in the usual way. It is best to put it in the oven at night, from whence it has obtained the name of night bread. When baked, fold it in a linen cloth and put it in the cellar two days before it is cut. This is an excellent way of making bread and will keep well if properly managed, but much depends on the kneading and the heat of the oven. It is only proper for coarse flour; that makes the best bread where the corn is ground all together, or only a little of the coarse bran taken out.

394. *French Bread.*

TAKE a peck of fine flour make a hole in the middle, put a quart of luke-warm milk and water to some good yeast, stir it well together and let it stand five or six minutes to settle, then pour it carefully through a hair sieve into the flour (leaving the brown sediment at the bottom of the basin), stir it till of the consistence of thickish batter, throw a cloth over it and let it rise an hour in a warm place: then add an ounce of sifted sugar, a little salt, and as much luke-warm milk with half a pound of fresh butter melted in it as will make it into dough of a moderate stiffness; let it rise another hour, then mould it up into bricks, lay them on tins, and set before the fire half an hour to rise lightly covered with a cloth, then bake them in a brisk oven.

This is the French bread as made in England but in France it is usually made with leaven.

395. *Another way to make French Bread.*

TAKE quarter of a peck of the finest flour, a little salt, yeast, and as much milk rather warm as will make it into a light dough, adding the yolks of three and the whites of two eggs beaten and strained: stir it about and beat it a little but do not knead it. Have ready three quart wooden dishes, lightly rubbed over with a little butter, divide the dough into them, set to rise, then turn them out into a quick oven. Rasp them when baked.

396. *Muffins.*

To quarter of a peck of the finest flour, take a pint and a half of warm milk and water, with some good yeast well purified, and a little salt, strain the liquor into the flour and stir it quarter of an hour; mix the dough as high as possible, and set it an hour to rise, pull it into pieces the size of an egg, roll them in the hand like balls, put them on a board dusted with flour and lay a clean flannel over them as you roll them up, also keep the dough closely covered the whole of the time. All the dough being rolled into balls, those first done will be ready for baking and will spread out into the right form for muffins, lay them then on the heated plate or stone, and as the bottom begins to change color, turn them on the other side, but be careful they do not burn.

397. *Muffins*

MIX two pounds of flour with two eggs, two ounces of butter melted in a pint of milk, and four or five spoonfuls of yeast, beat it well and set it to rise two or three hours. Bake them on a hot hearth, in flat cakes : when done on one side turn them.

Muffins, rolls, or bread if stale, may be made to taste new, by dipping them in cold water, and toasting, or heating them in an oven, till the outside be crisp.

398. *Muffins another way.*

TAKE three pounds of flour, make a hole in the middle, then mix two or three large spoonfuls of yeast with a little salt, and as much milk rather warm as will make it into a light paste (it will take about a quart) pour it into the middle of the flour stirring a little of the flour into it, let it stand all night covered with a cloth, then beat it well together quarter of an hour, let it stand an hour to rise, then take the batter out with a large spoon and lay it on a board well dredged with flour in round pieces the size of an egg, cover them with a flannel on the hearth till the stone be hot, then slide them off the board upon the stone or plate, when browned on the under side turn them.

399. *Mrs. Broomhead's Crumpets.*

To a quart of good milk rather warm take four large spoonfuls of good purified yeast and a little salt, mix it by degrees into as much flour (beating it a little to take out the lumps) as will make it rather a stiff batter, add two well-beaten eggs, then cover it and set it on the hearth to rise, when it is risen pretty well, keep taking the batter from the rising side with a wooden spoon and bake it on a brisk stone or iron plate, rubbed over with a bit of butter at the first, but not to be repeated: about quarter of a pint of batter will make a good-sized cake; turn the cakes as soon as possible after you lay them on with a tin slice of the size of your cakes, when browned, turn them again, and lay them on a cooler part of the stone to soak a little, always keep the hottest part to pour the fresh batter upon, but be careful they do not burn. As they are baked lay them on a clean cloth, one upon another about two or three together for a few minutes, then separate them and lay them together when cold. Keep them covered with a cloth. When to be used for tea, toast them or lay them on a tin with a clean wet linen cloth over them, and set them in the oven, they will eat as if fresh baked. To wet them over with a little milk or water answers the same purpose as a wet cloth. Be careful not to let them dry, or they will not be nice.

400. *To make a Sally Lun?*

(A well known cake at Bath).

To two pounds of flour take half a pint of milk and half a pint of cream with a bit of butter the size of a walnut, when a little warm put it to three well-beaten yolks of eggs, and three or four spoonfuls of well purified yeast and a little salt, mix the whole together and let it rise an hour, then make it into cakes and lay them on tins lightly rubbed over with a little butter, let them stand on the hearth to rise about twenty minutes covered with a thin cloth, then bake them in rather a quick oven.

401. *To make Wigs.*

Two pounds of flour, mix with it half a pound of sugar sifted, and an ounce of caraway seeds; melt half a pound of butter in a pint of milk, when about as warm as new milk put to it three eggs leaving out one white, and a spoonful of yeast; mix them well together, and let the paste stand five hours to rise; make them into wigs, and bake them on tins buttered.

402. *Another way to make Wigs.*

Two pounds of flour, quarter of a pound of butter rubbed into it, quarter of a pound of fine sugar, a very little salt, and three spoonfuls of new yeast; make it into a light paste with half a pint of warm cream, let it stand an hour to rise, and then make it up into wigs.

Bake them on tins in a quick oven. Caraway seeds may be added if approved. They may be made into large round cakes crossed so as to be easily divided in quarters, and must stand before the fire to rise on the tins.

403. *French Rolls.*

RUB an ounce of butter into a pound of flour; add to it one egg, two spoonfuls of yeast, and a little salt, mixed with as much milk just warmed, as will make it into a light paste. Let this rise half an hour, then make it into moderate sized rolls, and set them before the fire for an hour longer. Half an hour will bake them in a quick oven.

404. *Long Rolls.*

TAKE two pounds of flour, rub into it two ounces of butter, and two ounces of loaf sugar finely powdered. Put to these three large spoonfuls of good yeast, and milk enough made just warm, to mix it into a light paste. Set this before the fire to rise for half an hour, then roll out the dough thin, into moderate lengths, let them stand before the fire for an hour, and then bake them in a moderate oven for half an hour.

405. *Breakfast Cakes.*

RUB quarter of a pound of butter into two pounds of flour, then put to it a little yeast, three eggs and

a pint of warm new milk, with a little salt, knead it up and let it stand on the hearth to rise, then make it up into rolls or cakes, cover them with a cloth and let them rise a little longer, then bake them in a moderate oven.

406. *Yorkshire Cakes.*

DRY a pound and a half of flour before the fire ; beat up an egg with a spoonful of good yeast, add three quarters of a pint of new milk luke-warm ; strain the whole through a hair sieve into the flour, mix it lightly into a dough and let it rise by the fire an hour, then make it up into cakes, butter the tins a very little and let them be rather warm when you lay the cakes on them, cover them with a thin cloth, and let them rise on the hearth about twenty or thirty minutes ; then bake them in a brisk oven. This makes very good buns with a little good moist sugar and a few caraway seeds.

407. *Patty's excellent Buns.*

RUB quarter of a pound of butter into two pounds of flour and quarter of a pound of loaf sugar powdered ; add two eggs well-beaten, two table spoonfuls of yeast, and a table-spoonful of caraway seeds ; mix the whole into a paste about the stiffness of bread-dough, with warm milk ; let it stand all night to rise, and the next day make it into buns and bake them.

408. *Rusks, or Tops and Bottoms.*

BEAT six eggs with half a pint of new milk; in which has been melted quarter of a pound of butter, add to it quarter of a pint of yeast, and three ounces of sugar, put them by degrees into as much flour as will make a very light paste, rather like batter; let it rise before the fire half an hour, then add more flour to make it a little stiffer. Work it well and divide it into small cakes and flatten them; when baked and cold, slice them and put them in the oven to brown a little.

409. *Rusks.*

TO three pounds of flour take six ounces of sifted sugar, six ounces of butter, and three spoonfuls of yeast, mix it with as much new milk rather warm, as will make it into rather a light dough, set it before the fire to rise; when risen roll it into long cakes about five or six inches long and two broad, and bake them in a moderate oven, when baked cut them into thin slices and dry them upon tins in a very slow oven.

410. *Plain and very Crisp Biscuits.*

TAKE a pound of flour, the yolk of an egg, and some milk, make them into a very stiff paste, beat it well, and knead it till it be quite smooth; roll it out very thin, and cut it into biscuits. Bake them in a slow oven till they be quite dry and crisp.

411. *Hard Biscuits.*

WARM two ounces of butter in as much skimmed milk as will make a pound of flour into a stiff paste beat it with a paste roller, and work it smooth, roll it out thin, and cut it into round cakes, prick them with a fork. Six minutes will bake them.

412. *Bath Cakes.*

RUB quarter of a pound of butter into a pound of flour, and put to it a spoonful of good yeast, and with some warm cream, make it into a light paste, and set it to the fire to rise. When you make them up, take four ounces of caraway comfits, work part of them in, and strew the rest on the top. Make them into round cakes, about the size of a French roll, bake them on sheet tins, and serve them hot.

413. *Biscuits or Cracknels very good.*

TAKE three pounds of flour, rub in six ounces of butter quite fine, very little salt, one egg well-beaten with a small table-spoonful of well purified yeast, mix all well together with as much skimmed milk as will make it into a very stiff paste, knead it and beat it well with a paste roller till perfectly smooth; cover it with a cloth, and let it stand an hour and a half or two hours but not too near the fire, then roll it out as thin as possible, cut them with a tin cutter and prick them with a stamp made with wire for the purpose the size of the biscuit, bake them on tins in rather a

quick oven. The paste must be very stiff or they will not be nice. They will keep good for many weeks if covered from the air and kept in a dry place, it is well to hang them up in the kitchen in a bag.

They should not taste of the yeast, and they are very good without the egg.

414. *Excellent Buns.*

RUB half a pound of butter in three pounds of flour, set it to rise with a little good yeast and warm milk, when risen well in the sponge, add two eggs well-beaten, half a pound of good raw sugar, a few caraway seeds, currants and a little salt; mix all well together in rather a light dough, set it to rise again, then make it up into buns and bake them in a brisk oven. Half a pound of raisins may be added.

415. *Potato Crumpets.*

GRATE some potatoes of the most mealy kind into some clean water, put them through a hair-sieve adding plenty of water, then pour off the water leaving the starch quite clean at the bottom, mix it with the potatoes, and to about three pounds of potatoes mix half a pound of flour, an egg, and a little salt; bake them in the same manner as crumpets, and butter them hot. A spoonful of yeast may be added.

415. *Clap Bread.*

416. *Clap Bread.*

MIX some oatmeal and water well together about the same consistence as common dough, then roll it out into cakes as thin as possible; bake them on a stone or iron plate of a moderate heat over the fire, when baked on both sides set them on an edge before the fire till perfectly dry.

This bread will continue good many weeks if kept in a dry place. It is very good with cheese or butter and may be toasted if preferred.

417. *Potato Cakes.*

417. *Potato Cakes.*

BOIL and mash some good mealy potatoes with a little butter and salt, add a little good yeast and a few spoonfuls of milk with as much flour as will make it of the consistence of dough, let it rise about an hour, then roll it out into cakes and bake them in a moderate oven.

The potatoes should be well dried after being boiled.

418. *Ferment for Bread, used by the Inhabitants of Long Island, in the state of New York.*

TAKE as many hops as may be held between the thumb and three fingers; put them into a pint and a half or a quart of water, and boil them well together, put in a few slices of apples. Then pour the liquor off, or strain it through a coarse cloth, and add three

or four spoonfuls of molasses (treacle), and stir in as much flour as will mingle it to the consistency of thin batter. Set the whole in the corner of the kitchen fire-place, or in any temperature of moderate warmth, until a fermentation takes place, which will happen in a few hours, and then mix it with flour.

This will be sufficient for one baking, for a family of eight or ten persons.

419. *The Method of making Leaven.*

(As practised in the Northern Counties.)

WHEN leaven is to be first produced, a lump of yeast dough must be put into an earthen vessel, and set in a cool damp place. In about ten or fourteen days it will be in a proper state to use as a ferment for bread. At every making of bread, a sufficient quantity of the leavened dough should be laid by for leaven against the next baking. The makers of bread with leaven have learnt from experience, that it is best to use the same pan for keeping the leaven and the same tub for making the bread, without ever washing them. They are kept clean by scraping. It is always best to borrow a piece of leaven, to begin with, if this can be done, rather than to make it for immediate use.

420. *To make and preserve Yeast.*

(As practised in America.)

To make it. — Boil a handful of hops in three pints of water, three or four minutes. The water

must boil when the hops are put in. Strain the liquor, and then thicken it with flour to the consistence of starch. Let it stand till it is about milk-warm, and put it into a jar large enough to allow room for it to rise; then add a tea-cupful of yeast, and let it work.

To preserve it. — After the yeast has risen sufficiently, add as much meal made from Indian corn (or coarse flour) as will make it stiff enough to be rolled thin. Then, immediately, and before it rises a second time, roll it, and with a tea-cup or wine-glass, cut it into cakes, and dry them in the shade, in an airy room, or in any other suitable place. Turn them three or four times a day. After they are quite dry, put them into a basket, or bag, and keep them aired, and free from moisture. One of these cakes, soaked about fifteen minutes in cold water, will be sufficient for two good-sized loaves.

421. *To make perpetual Yeast.*

TAKE a pound of fine flour, and mix it up with boiling water to about the thickness of a moderately thick water-gruel; add half a pound of coarse moist sugar, and when it is luke-warm pour it upon three large spoonfuls of well purified yeast in a pan large enough to give room for the fermentation. As it ferments take off the yeast and put it into a stone bottle with a small neck, cork it, and keep it in a dry warm place. When half used replenish it with flour and water prepared as at first, but no addition

of yeast will be required. This is to be the regular process to keep up the stock.

422. *Artificial Yeast.*

PEEL and boil some mealy potatoes till they are soft, and when bruised add as much boiling water as will make them of the consistence of common yeast. To every pound of potatoes put in two ounces of coarse moist sugar or treacle, and two table-spoonfuls of good yeast, stirred in while the potatoes are warm. Make this in a vessel large enough to admit of the fermentation, and keep it warm till it has done fermenting. It will then be fit for use. Let it be kept in a cellar.

423. *To make Yeast with Pease.*

TAKE a tea-cupful of split or bruised pease, pour on them a pint of boiling water, set the whole in a vessel twenty-four hours on the hearth or in any other warm place, this water will be a good yeast, and have a froth on its top the next morning. Any quantity may be made in this proportion.

424. *To make Potato Yeast.*

PEEL and boil a peck of potatoes, mash them very well, put to them about three quarts of boiling water, or as much as will make it about the thickness of yeast, then rub it through a tin colander.

and add half a pound or three quarters of good yeast; then put it into an earthen-pot and tie it close up, it will keep good several months in cold weather. The bread will require three times more of this than of common yeast and rather more time to rise.

425. *To make Yeast.*

BOIL one pound of good flour, quarter of a pound of brown sugar, and a little salt, in two gallons of water for an hour. When milk-warm, bottle it, and cork it close. It will be fit for use in twenty-four hours.

One pint of this will make eighteen pounds of bread.

426. *Another way to make Yeast.*

THICKEN two quarts of water with three spoonfuls of fine flour, boil it half an hour and add half a pound of brown sugar, when nearly cold, put it in a large jug with four spoonfuls of good yeast, shake it well together, and let it stand one day to ferment near the fire without being covered. There will be a thin liquor on the top, which must be poured off, shake what remains, and cork it up for use. Take four large spoonfuls of the old to ferment the next quantity, always keeping it in succession.

CAKES, &c.

427. *Mrs. Broomhead's Plum Cake.*

TAKE one pound of butter, one pound and a half of flour, the butter well rubbed in the flour, six eggs with the yolks beat and put into a little good milk, and about two good spoonfuls of yeast, then beat the whites very well, and put them in; when rising strew three quarters of a pound of raw sugar, a little mace, two pounds of currants (when cleaned) washed with a little rose-water warmed, and put in with candied lemon and what almonds you like; bake it three hours in a moderate oven.

428. *Almond Cake.*

TAKE half a pound of almonds, blanch and beat them, add quarter of a pound of pounded lump sugar, the yolks of eight eggs, and some grated lemon-peel, when these are well mixed together, beat the whites to a strong froth, adding it to the other ingredients, then pour it into a mould rubbed with butter, and bake it half an hour in a gentle oven.

429. *Water Cakes.*

A pound of flour, quarter of a pound of butter rubbed fine into it, five ounces of fine sugar powdered, and a few caraway seeds; mix them to a paste with milk; roll them out very thin, and cut them into cakes with the top of a glass or cup; lay them on sheets of tin buttered, and bake them.

430. *Rice Cake.*

PUT quarter of a pound of rice well washed, into a saucepan, with half a pint of water; when it begins to swell, add about half a pint of new milk, and let it remain on the fire till the rice is well mixed with the milk and water, and is become quite soft; take it off the fire and stir in half a pound of butter; let it stand till cold, then add a pound and quarter of flour, four eggs well-beaten and a little salt: mould the whole well together, make it up into a cake, or loaf, glaze it over with the yolk of egg, and bake it an hour on a tin well buttered.

431. *American Potash Cakes.*

RUB quarter of a pound of butter into a pound of flour, stir quarter of a pound of loaf sugar in half a pint of milk till dissolved; make a solution of about half a tea-spoonful of salt of tartar, crystal of soda, or any purified potash in half a tea-cupful of cold water, mix all together and work it up into a paste of a good consistence, roll it out and form it into

akes or biscuits, and bake them on tins. The lightness of these cakes depends much on the briskness of the oven.

432. *Jumballs.*

TAKE a pound and quarter of flour, half a pound of butter, put it in as for paste, then add a pound of sugar leaving out sufficient to roll them in, knead them up with two eggs, a little cream, and lemon-peel. A little mace is an improvement.

433. *King Cakes.*

TAKE one pound of flour, three quarters of a pound of butter, half a pound of sugar, and half a pound of currants. First rub the butter in the flour, then add the sugar and currants, a little mace, and four eggs well-beaten: make them up in small round cakes and butter the papers you bake them on.

434. *Queen Cakes.*

Six ounces of butter beat to cream, six ounces of sugar powdered fine, six ounces of flour, the yokes of four eggs and two whites, a little orange-flower water, and a few currants, beat them together for half an hour, then butter small tins, fill them half full and bake them. They are soon baked.

435. *Flat Cakes that will keep.*

Mix two pounds of flour, one pound of sugar, and one ounce of caraway seeds, with four eggs, and a few spoonfuls of water to make a stiff paste; roll it thin and cut the cakes in any shape, and bake them on floured tins: while baking, boil half a pound of sugar in a gill of water to a thin syrup, while both are hot, dip each cake into it, put them into the oven on tins, to dry for a short time, and when the oven is cool, put them in again and let them stay four or five hours.

436. *Bath Buns.*

TAKE two pounds of flour, with half a pound of fresh butter rubbed well in, ten eggs leaving out five whites, three spoonfuls of yeast, and a little cream, mix all well together and set it by the fire; when it is risen, put in a pound of caraway comfits, add the rind of one or two lemons; make them up in small round balls; butter the tins, and bake them in a moderate oven.

437. *A good Family Cake.*

TAKE rice and wheat flour, of each six ounces, the yolks and whites of nine eggs, half a pound of lump sugar pounded and sifted, and half an ounce of caraway-seeds. Having beaten this one hour, bake it for the same time in a quick oven. This is a very light cake, and is very proper for children and delicate stomachs.

438. *Ginger Cakes for Cold Weather.*

BEAT up three eggs in half a pint of cream, put them over the fire, and stir them till they be warm, then add a pound of butter, half a pound of loaf sugar, and two ounces of ginger, both powdered, carefully stir them together over a moderate fire, to melt the butter, then pour it into the middle of two pounds of flour, and make it into a good paste, roll it out rather thin without any flour, and cut the cakes with a tin or cup. They are generally baked on three papers, laid on tins in a hot oven.

439. *Cinnamon Cake.*

PUT six eggs and three table-spoonfuls of rose-water into a broad basin, whisk them well together, add a spoonful of sifted sugar, a dessert-spoonful of pounded cinnamon, and flour to make it into a good paste; roll it out, cut them in any shape, and bake them on white paper: when done take them off, and keep them in a dry place.

440. *Cracknels.*

MIX half a pound of flour, and half a pound of sugar; melt four ounces of butter in two spoonfuls of cream, then with four eggs beaten and strained, make it into a paste, add caraway seeds; roll it out as thin as paper, cut them with the top of a glass, wash them with the white of an egg, and dust sugar over.

441. *Cracknels.*

To half a pound of flour, take half a pound of sugar, two ounces of butter, two eggs and a few caraway seeds, sift the sugar and work it with the flour, to a paste; roll them quite thin, and cut them out with tins, lay them on papers and bake them in a slow oven.

442. *A good common Cake.*

RUB a pound and half of butter into half a peck of flour, add three pounds of currants, half a pound of sugar, quarter of an ounce of mace, cinnamon and nutmeg, a little salt, a pint and half of warm cream or new milk, quarter of a pint of rose-water, five eggs well-beaten, half a pint of well purified yeast, mix all well together, let it rise a little, then bake it in a moderate oven. This cake will keep good quarter of a year.

443. *A Seed Cake.*

TAKE one pound and a quarter of flour, three quarters of a pound of loaf-sugar pounded, the yolks of ten eggs, and the whites of five beaten to a froth, one pound of butter beaten to a cream with the hand, mix these well together, add nearly an ounce of caraway seeds bruised; butter the pan, and sift sugar on the top.

444. *A Turk's Cake.*

TAKE eight eggs, and the weight of them in fine sugar sifted, and the weight of six in flour; beat the whites to a snow, then beat the yolks, mix these with the sugar and whisk it well, grate the rind of a lemon to the flour, beat all well together: bake it an hour and a half.

445. *Potato Flour Cake.*

THE potatoes must be clean washed, pared and lightly grated, into an earthen pan of cold water, let it stand till the pulp falls to the bottom and the water begins to clear, then pour off the water, and add a good deal of spring water, stirring the pulp with your hand, rub it through a hair-sieve pouring plenty of water upon it in passing through the sieve, let the water stand till the pulp subsides and the water clears, then pour the water gently off and put the pulp upon earthen dishes before a fire covered with paper, when quite dry pound to a fine powder and sift it through a lawn sieve. To one pound of this powder put one pound of eggs, beat three-quarters of a pound of butter with your hand, till it becomes cream, then beat it with a wooden spoon, beat the yolks and whites separately, when the latter are well frothed, add a little of the flour then put it to the butter, then the remainder of the flour and yolks, lastly the sugar sifted, with two spoonfuls of sherbet, rose-water or orange-flower water and a few seeds, put it in a hoop lined with paper and but-

tered, bake it an hour and a half in a quick oven or bake it in small tins.

446. *A light Sponge Cake.*

BEAT the yolks of ten eggs and five whites half an hour, add a pound of sugar pounded and sifted; beat the sugar and eggs half an hour longer, then add three quarters of a pound of flour well dried, and a spoonful of orange-flower water; beat all well together, butter a tin, and set the cake in the oven immediately; bake it an hour and a half in a moderate oven.

447. *The Vicarage Cake.*

A pound and a half of flour, half a pound of moist sugar, a little grated nutmeg and ginger, two eggs well-beaten, a table-spoonful of yeast, and the same of orange-flower or rose-water; mix it to a light paste with quarter of a pound of butter melted in half a pint of milk; let it stand before the fire half an hour to rise, then add three quarters of a pound of currants, and bake it in a tin well buttered in a brisk oven.

448. *A common Plum Cake.*

THREE pounds and a half of flour, half a pound of sugar, some grated nutmeg or pounded mace, eight eggs well-beaten, a wine-glass of rose-water or rose-syrup, half a pint of yeast, a pound of butter melted in a pint and a half of milk, and put just

warm to the other ingredients; let it rise an hour before the fire, then mix it well together, add two pounds of currants, butter a tin and bake it.

449. *A Savoy Cake.*

TAKE the weight of four eggs in fine sugar powdered and sifted, the weight of seven eggs in flour well dried, break the eggs and put the yolks into one basin and the whites into another, mix the yolks with the sugar you had weighed, a little grated lemon-peel and orange-flower water, beat them well together half an hour, then add the whites whipped to a froth, mix in the flour by degrees, beating it all the time; put it in a tin well buttered, and bake it an hour and a half. This is a very delicate light cake, and may be baked in a melon-mould or any other shape.

450. *Royal Cakes.*

PUT into a saucepan, quarter of a pint of water, a piece of butter the size of a walnut, two ounces of fine sugar, a little grated lemon-peel and a little salt, set it on the fire; when it has boiled about half a minute stir in it by degrees four spoonfuls of flour, constantly stirring it till it becomes a smooth paste, pretty stiff, and adheres to the pan, then take it off the fire and add three eggs well-beaten, put them in by degrees stirring the paste all the time that it may not become lumpy, add a little orange-flower water and a few almonds pounded fine, bake

them in small cakes on sheets of tin well buttered : half an hour will bake them in a moderate oven.

451. *Queen Anne's Biscuits.*

A pound of flour well dried, half a pound of fine sugar powdered and sifted, a pound of currants well washed and picked, and half a pound of butter. Rub the butter into the flour, then mix in the sugar and currants, add ten spoonfuls of cream, the yolks of three eggs, three spoonfuls of rose-water, and a little mace pounded fine. When the paste is well worked up, set it in a dish before the fire till it be thoroughly warm, then make it up into cakes, put them on a tin well buttered, prick them full of holes on the top, and bake them in a quick oven.

452. *An Almond Cake.*

TAKE a pound and a quarter of flour, make a hole in the middle, put in a piece of butter about the size of a walnut, four eggs well-beaten, quarter of a pound of sugar powdered fine, six ounces of almonds blanched and beaten with orange-flower water and a pinch of salt. Mix the whole well together, glaze it over with the yolk of egg, and bake it in a tin well buttered.

453. *Plain Currant Cake.*

TAKE three pounds of flour, twelve ounces of butter : dissolve the butter in hot water, put it in the

flour with a little yeast, and set it to sponge, when it is well risen make it into a stiff batter, but not knead it with the hands: one pound and half of currants well cleaned and dried, a little nutmeg, lemon-peel grated, ten ounces of sugar, beat all together when it is risen, bake it.

454. *A Wedding or Twelfth Cake.*

BEAT two pounds of butter to a cream with the hand, then put in two pounds of fine sugar sifted, half a pound of almonds blanched and beaten a little with orange-flower water, two pounds of flour well dried, three quarters of an ounce of beaten mace; mix these well together, then beat the yolks of sixteen eggs and twelve whites, put to them a glass of rose-water; put the flour and eggs to the butter and sugar by degrees, then beat it with the hand an hour, then put in two pounds of currants when cleaned and dried, half a pound of citron, and half a pound of candied lemon. Butter a tin and bake it three hours. An icing should be put on this cake after it is baked.

Icing for a Cake. — Beat the whites of four eggs to a very strong froth and mix with them by degrees a pound of fine sugar powdered and sifted, a tea-spoonful of powdered gum-arabic, three spoonfuls of rose or orange-flower water. Beat these well together and immediately lay it on thick. The cake must be set into a coolish oven that the icing may be hardened. Lemon-juice may be substituted for the rose or orange-flower water if preferred.

455. To make Small Plum Cakes.

TAKE a pound of flour rub into it half a pound of butter, the same of powdered sugar, a little beaten mace, beat four eggs very well (leaving out two whites) with three spoonfuls of yeast, put to it quarter of a pint of warm cream, strain them into your flour, and make it up light; set it before the fire to rise; just before you put it in the oven put in three quarters of a pound of currants.

Bake it in small tins in a quick oven.

456. Cakes that will keep all the Year.

Have in readiness a pound and quarter of flour well dried, take a pound of butter unsalted, work it with a pound of white sugar till it creams, three spoonfuls of rose-water, boil the rind of an orange till not bitter, and beat it with sugar, work these together, then grate in a little nutmeg, add three eggs and two whites mix them well, then stir in your flour to the butter, and make them into small cakes, wet the top with sherbet or rose-water and strew it with fine sugar. Bake them on buttered papers well floured, add currants if you please.

457. Biscuits.

TAKE the weight of three eggs in lump-sugar sifted, with the weight of two eggs in flour, beat the yolks with a little lemon-peel, the sugar stirred gradually into the eggs all one way. Beat the

whites till the froth will stand. Beat it well in and stir in the flour very gently. Bake them in buttered tins.

458. *Naples Biscuits.*

PUT quarter of a pint of water, two spoonfuls of orange-flower water, and half a pound of fine sugar into a saucepan, let it boil till the sugar be melted, then pour it upon four eggs well-beaten, stirring the whole as fast as possible while the syrup is poured in; continue beating it well till it is cold, and then stir it in half a pound of flour, make clean white paper into moulds the proper size for the biscuits, pour the batter into them, and put them on tins to bake, sift some fine sugar on them and set them in a brisk oven, taking great care that they be not scorched.

459. *Savoy Biscuits.*

TAKE six eggs, separate the yolks and whites, mix the yolks with six ounces of sugar powdered fine and the rind of lemon grated; beat them together quarter of an hour, then whisk the whites in a broad basin till they are a complete froth; mix them with the yolks, and add five ounces of flour well dried; stir the whole well together, then with a piece of flat ivory, take the batter out and draw it along clean white paper to the proper size of a biscuit; sift fine sugar on them and bake them in a very hot oven, but they must be carefully watched, for they are very soon done:

460. *A light Seed Cake without Butter.*

TAKE the yolks of six eggs and three whites, beat them well half an hour, then add four ounces of powdered loaf sugar, mix it well with the eggs; add eight ounces of flour and a few caraway seeds: stir the whole well together, and put in a tin or basin lined with writing paper buttered. Half an hour will bake it if the oven be quick.

A nicer plain cake cannot be made if care be taken in the baking.

461. *Banbury Cakes.*

TO half a peck of good flour, take a pound and half of butter, quarter of a pound of sugar, quarter of an ounce of cinnamon and mace together, and three pounds of currants well cleaned and dried half a pint of yeast and a little rose-water; boil as much milk as will do to knead it, and when nearly cold put in some caraway seeds, work all well together at the fire; pull it to pieces several times before it is made up, then make it into small cakes lay them on tins and bake them in rather a moderate oven.

462. *Ginger Cakes.*

MIX two ounces of prepared ginger with four pounds of flour, heap them round a dish and make a hole in the middle; beat six eggs and put them into a saucepan with a pint of cream, a pound and half of butter, and a pound of powdered loaf sugar;

stir them together over a slow fire till the butter is quite melted, then pour it to the flour and ginger, and make it up in a paste; roll it out, till it is about quarter of an inch thick, then cut it into cakes with a cup or glass, and bake them in a very brisk oven.

463. *A Rice Cake.*

TWELVE yolks of eggs and six whites, beat them quarter of an hour, then add a pound of fine sugar sifted, and beat them together quarter of an hour; sift a pound of rice flour through a lawn sieve, and eight ounces of the finest wheat flour, mix it gradually with the eggs and sugar, grate in the rind of a large lemon and put in a spoonful of orange-flower water; beat all together an hour. Butter a tin and set it in the oven immediately: bake it an hour and a half.

464. *Bath Biscuits.*

To three pounds of flour take four spoonfuls of yeast, three eggs, half a pound of fresh butter melted in a pint and a half of milk, a few caraway seeds and a little salt, mix all together in rather a light dough, let it stand till well risen, then roll it out in small cakes; dip a clean feather in a little milk and wet them over, then bake them in a slow oven.

465. *Almond Puff Cakes.*

RUB five ounces of butter in seven of flour, five ounces of sugar finely powdered, make it in a stiff paste with a little rose-water roll it out and strew on a few sweet almonds blanchèd and chopped small and a little sugar, then lay on a cover of paste and bake them in squares in rather a brisk oven; when nearly enough mark them across, and when done break them in the marks.

466. *A Plum Cake.*

THREE pounds of flour well dried, half a pound of powdered sugar, nutmeg, mace and cinnamon finely powdered, half an ounce all together, ten yolks of eggs and five whites well-beaten and half a pint of good yeast; then melt a pound of butter in a pint of cream, add to it the eggs and yeast, mix it with the flour and let it stand to rise an hour before the fire; then add three pounds of currants well cleaned and dried, and half a pound of raisins stonèd and shred small; candied orange, lemon, or citron, and sweet almonds may be added if approved. Butter a tin, and bake it two hours.

467. *A Pound Cake.*

BEAT a pound of butter to a fine thick cream, add ten yolks of eggs and five whites beaten to a froth; when well mixed, put in a pound of sugar sifted fine, a pound of flour, a little mace and rose-water: beat

all together for an hour, then put in a pound of currants well cleaned and dried, or an ounce of caraway seeds; butter some paper well, put it in a tin, and bake it an hour in a quick oven.

468. *Diet Bread.*

BEAT the yolks of twelve eggs, then add by degrees a pound of loaf sugar-sifted very fine, the grated rind and juice of a lemon, eight ounces of flour well dried, and lastly the whites of six eggs beaten to a froth, beat it an hour and bake it an hour in a brisk oven.

This is a very excellent cake.

469. *A very good common Cake.*

RUB eight ounces of butter in two pounds of flour well dried, mix in it three spoonfuls of well purified yeast, with a pint of milk just warm, let it rise an hour and half, then mix in the yolks and whites of four eggs beaten separately, one pound of good moist sugar, a wine-glass of rose-water, the rind of a lemon grated and a tea-spoonful of ginger; add either a pound of currants or some caraway seeds and beat it well. Bake it in a brisk oven.

470. *Caraway Cake.*

TAKE three pounds and a half of the best flour, well dried, rub in a pound and half of fresh butter till the whole is quite fine, then put in a pound of

sugar powdered and sifted, four well-beaten eggs, four large spoonfuls of good purified yeast, half a pint of cream, half a pint of milk and six spoonfuls of rose-water. Mix all well together and let it stand before the fire half an hour to rise, then put in quarter of a pound of caraway comfits and bake it an hour and a half or two hours, or divide it in two and bake it one hour.

471. Nun's Biscuits.

BLANCH and beat half a pound of almonds, add the whites of six eggs beaten to a froth as the almonds require moisture, then beat the yolks very well and add to them three quarters of a pound of sifted loaf-sugar, then mix the almonds with the eggs and sugar, and add quarter of a pound of flour, and the rinds of two lemons grated, some shred citron, and a little rose or orange-flower water, bake them in small tins buttered with sugar sifted on them only half fill them.

472. Plum Cake.

TAKE two pounds of flour well dried, two pounds of currants, one pound of butter, half a pound of sugar, quarter of an ounce of mace, a pint of cream, half a pint of yeast, six eggs leaving out two of the whites; mix your eggs and yeast together, and melt the butter in the cream; when mixed, set it to rise; and before it be put into the oven, put in the currants; an hour and quarter will bake it.

473. *Plum Cake.*

TAKE two pounds of flour, one pound of butter, one pound of sugar, one pound of currants, a little cream, lemon-peel, mace, and cinnamon; first rub the butter in the flour, then put in the cream, a little yeast, and five eggs, then set it to rise; when risen enough, add the other ingredients.

474. *Shrewsbury Cakes.*

TAKE one pound of flour, rub in half a pound of butter, half a pound of sugar, a few caraway seeds, mix them up in a stiff paste with a little rose-water; roll them out, and cut them to what size you please. They are very good without the seeds.

475. *Another.*

To half a pound of flour take six ounces of loaf sugar powdered and quarter of a pound of butter, mix all together with one egg well-beaten; roll it thin and cut it in forms; dust a little sugar over them before you set them in the oven.

476. *Another.*

BEAT half a pound of butter to a cream then add twelve ounces of flour dried, eight ounces of sifted sugar, a few caraway seeds, one egg well-beaten, mix these well together; roll it thin, cut it out in cakes, and bake them on tins in a moderate oven.

477. *Eccles Cakes.*

To a pound of flour take three quarters of a pound of butter with the salt worked out of it; mix the flour to a paste with water that has a small portion of yeast in it, roll it out thin and lay the butter on in small pieces the same as for puff paste, dredge it, fold it up and roll it out twice or three times, then fold it up and cover it with a cloth and let it stand two or three hours in a cool place, then cut it in pieces about the size of an egg, make them round and then with the thumb make a hole in the middle of each working it round till it will admit of a dessert-spoonful of currants and some sugar moistened with as little water as possible; close the paste very well, then lay them on the board the closed side downward, roll them out and bake them on tins in a quick oven. If preferred the sugar may be boiled to a syrup with as little water as possible and then mixed with the currants, which should always be very well cleaned.

478. *Sponge Biscuits.*

BEAT well the yolks of six eggs, and the whites of four, to a strong froth, mix and beat them well together, put to them one pound of sifted loaf sugar; have ready quarter of a pint of boiling water with one good spoonful of rose or orange-flower water in it; as the eggs and sugar are beaten, add the water by degrees, then set it over the fire till scalding hot take it off and beat it till it be almost cold, add three quarters of a pound of flour well dried and sifted, the

peel of one lemon grated ; bake them in small long pans, in a quick oven, sift sugar over them before you put them in.

A brass pan is the best to put it in over the fire.

479. *Sponge Biscuits.*

BEAT the yolks of twelve eggs half an hour, put in a pound and half of sugar beaten and sifted, whisk it well up till you see it rise in bubbles, beat the whites to a strong froth, whisk them well with your sugar and yolks, beat in fourteen ounces of flour, with the rinds of two lemons grated, bake them in tin moulds buttered. They require a hot oven; when you put them into the oven; dust them with sifted sugar they will take half an hour baking.

480. *Yarmouth Biscuits.*

TAKE six ounces of currants, clean and dry them very well, rub a little flour among them to make them white, add half a pound of sugar powdered, twelve ounces of sifted flour and half a pound of fresh butter, beat three eggs and mix all together in a paste; roll them about the eighth of an inch thick and cut them in shapes, bake them on two papers on a tin in rather a quick oven.

481. *English Macaroons.*

BEAT a pound of sweet almonds fine in a mortar

with a wine-glass of water; mix a pound of fine sugar sifted with the almonds, and as many whites of eggs beaten to a froth as will make it of a proper consistency. Lay sheets of clean white paper on tins, and then sheets of wafer-paper; drop the paste upon it, sift fine sugar over them, and bake them carefully in a quick oven. Let them stand till cold, then cut the wafer-paper round leaving it at the bottom of each.

482. *Portuguese Macaroons.*

TAKE five ounces of flour of potatoes, ten whites of eggs, one pound of sweet almonds and a pound and quarter of moist sugar: blanch the almonds and bruise them in a mortar; then beat the whites of eggs till they froth. Mix them with the almonds sugar and flour. Beat the whole well together and put it into moulds like Savoy biscuits, or in paper cases like common biscuits and bake them in the same manner.

483. *Macaroons New-England manner.*

TAKE half a pound of almonds, and half a pound of double-refined sugar, beaten and sifted, lay the almonds in water all night, blanch and dry them well in a cloth, beat them in a mortar with a little rose-water; take the whites of two eggs beaten to a froth, sift the sugar into the eggs, put in the almonds, drop them on wafer-paper laid on another

paper, sift sugar on them and bake them in a brisk oven,

484. *French Macaroons.*

TAKE half a pound of sweet almonds, beat them very fine in a mortar, moistening them with the whites of eggs beaten to a froth, taking care they do not oil; then take one pound and half of sugar finely powdered and mix it well with the almonds, add whites of eggs beaten to a froth till the whole is of a consistency that it easily drop from the spoon: lay sheets of paper on tins, then wafer paper and drop the paste upon it so as not to run together. Put them in a brisk oven, but do not let them burn; when cold take off the paper.

485. *Ratafia Cakes.*

TAKE half a pound of sweet almonds and half a pound of bitter ones, blanch and beat them fine in rose or plain water, to prevent them from oiling, add a pound of fine sifted sugar mix it with the almonds, have ready well-beaten the whites of four eggs, mix them lightly with the almonds and sugar put it on a moderate fire in a preserving-pan stirring it quickly one way till it is pretty hot, when it is a little cool roll it in small rolls and cut it in thin cakes, dip your hands in flour and shake them on it, tap them lightly with your finger, put them on sugar papers and sift

fine sugar over them, and immediately set them in a moderate oven.

They may also be made the same as the French macaroons, only half of the almonds bitter and the other half sweet, and about half the size of macaroons.

486. *Gingerbread.*

TAKE one pound of flour, half a pound of sugar, half a pound of treacle, six ounces of butter, one ounce and half of ginger, one egg, make it into a stiff paste, and bake it in buttons or nuts.

487. *Another way.*

TAKE three pounds of flour, one pound of sugar, the same quantity of butter rubbed in very fine, two ounces of ginger, and a nutmeg, then take a pound of treacle, quarter of a pint of cream, make them warm together; then mix it into a stiff paste and roll it in thin cakes or nuts, and bake them in a slow oven on tins.

488. *A good sort without butter.*

Mix two pounds of molasses, candied ginger, orange, and lemon, quarter of a pound of each, all sliced very thin, one ounce of caraway seeds and half an ounce of prepared ginger, in as much flour as will make a soft paste, lay it in cakes on tin plates

and bake in a quick oven. Keep it in an earthen vessel with a cover, in a dry place, and it will keep some months.

489. *Good plain Gingerbread.*

Mix half a pound of butter with three pounds of flour, four ounces of brown sugar, half an ounce of powdered ginger; make it into a paste with a pound and quarter of molasses warm.

490. *Another way.*

Mix half a pound of treacle into two pounds of flour, with half a pound of butter melted in it, one ounce of ginger and half an ounce of caraway seeds; work it well and let it stand an hour or more, then roll it out into cakes and bake it on buttered tins. An egg well-beaten and a little grated lemon-peel may be added.

491. *Transparent or Snap Gingerbread.*

MELT half a pound of butter and mix it well with a pound of molasses and a pound of sugar, then put in ten ounces of flour, and quarter of an ounce of prepared ginger, a wine-glass of rose-water and some grated lemon-peel beat it a few minutes and drop it on hot tins buttered, bake it in a moderate oven.

492. *Transparent or Snap Gingerbread.*

To three quarters of a pound of flour take one pound of sugar, melt quarter of a pound of butter in half a pound of molasses and a glass of rose-water or sherbet, add mace and ginger, and a little grated lemon-peel, mix all well together adding an egg well beaten: let it stand two or three hours in a cool place, then drop it on warm tins well buttered and bake it in rather a quick oven. If kept in a dry place and covered from the air it will keep crisp a considerable time. An earthen or glass jar with a cover keeps it the best. It may be renewed by putting it in the oven on tins for a few minutes.

493. *Another way.*

ONE pound of flour, one pound of sugar, one pound of treacle, one pound of butter, one ounce and half of powdered ginger, set the butter and treacle in the oven together till melted, mix all well together adding the grated rind of a lemon, drop it on tins the size of a walnut it will run together cut it out in squares and turn up the edges. Candied orange or lemon may be added.

494. *Excellent Gingerbread.*

PUT half a pound of treacle into a saucepan with quarter of a pound of sugar, and quarter of a pound of butter. Set them over the fire till the butter is melted, stirring them several times to mix them well together. Then pour them out into an earthen dish,

and put to them quarter of an ounce of ginger finely powdered, quarter of a pound of candied orange-peel cut small, and two ounces of caraway seeds if approved, if not, they may be omitted. Mix one pound of flour, then roll it out, and cut it into cakes with the top of a cup or glass; or make it up into nuts. Bake them on tin plates well buttered.

It makes excellent snap gingerbread leaving out half the quantity of flour.

495. *To make Parkin.*

RUB half a pound of butter into four pounds of oatmeal, add an ounce of ginger; and as much stiff treacle as will make it into a stiff paste, roll it out in cakes about half an inch thick, lay them on buttered tins and bake them in a moderate oven. A spoonful of yeast may be added.

Observations on making and baking Cakes.

CURRENTS should be very nicely washed, dried in a cloth and then set before the fire, then spread them on a plate that you may more easily perceive the grit which is necessary to be carefully picked out. If damp they will make cakes or puddings heavy. A dust of dry flour shaken well amongst them is of use.

EGGS should be very long beaten, yolks and whites separate, and always strained.

SUGAR should be rubbed to powder on a clean board, and sifted through a fine hair sieve.

LEMON-PEEL should be grated, it is much better than chopping it; when grated and sprinkled with salt, it will keep good several months closely corked in a bottle.

AFTER all the articles are mixed together for cakes they should be well and long beaten as the lightness of the cake depends much on their being well incorporated.

PLUM CAKES made with yeast require less butter and eggs and eat equally light and rich: the butter should always be mixed in the dough before it be set to rise either by being rubbed in or melted in the milk.

THE heat of the oven is of great importance for cakes, especially those that are large; if not quick the batter will not rise but to prevent the cakes being scorched, a sheet of white paper may be laid over them.

To know when a cake is soaked take a broad knife that is very bright and plunge it into the centre, draw it instantly out and if the butter adheres to it at all put it in the oven again immediately.

YEAST when used for cakes or biscuits of any kind should always be well purified, by stirring it in a large jar with plenty of cold spring water, and letting it stand a day or two covered close before it be wanted, then pour the water off and take out the yeast carefully leaving the brown sediment at the bottom. It will keep good a week or ten days in the hottest weather in a cool cellar by pouring off the water every day and adding fresh.

PRESERVED FRUIT, JELLIES, &c.

496. *To preserve Green Gooseberries.*

AT the time gooseberries are ready for bottling pick out the largest for preserving, to every two pounds of fruit take a pound and half of loaf-sugar bruised, put the fruit and sugar in an earthen vessel, cover it close and set it in a moderate oven till the syrup will separate from the fruit when cold pour the syrup from the fruit, boil it and pour it hot upon the fruit; the next day boil all together gently about twenty minutes then take out the fruit and boil the syrup quarter of an hour longer then pour it upon the fruit. If there be any gooseberries hard or discoloured amongst them, they should be picked out before the syrup is cold.

497. *To keep Damsons for Winter Pies.*

PUT them in small stone jars, or wide-mouthed bottles; set them up to the necks in a boiler of cold water, and lighting a fire under, scald them. Next day, when perfectly cold, fill up with spring water.

498. *Another way to preserve Damsons.*

TAKE one-third as much sugar as fruit, boil both together over a slow fire, till the juice adheres to the fruit, and forms a jam. Keep it in small jars in a dry place. If too sweet, mix it with some of the fruit that is done without sugar.

499. *Gooseberry Jam for Tarts.*

PUT twelve pounds of the red hairy gooseberries, when ripe, and gathered dry, into a preserving-pan, with a pint of currant-juice, strained as for jelly, let them boil rather quick, and beat them with a spoon; when they begin to break, put to them six pounds of pure white Lisbon sugar, and simmer them slowly to a jam. It requires long boiling, or it will not keep; it is an excellent thing for tarts or puffs. Look at it in two or three days, and if the syrup and fruit separate, the whole must be boiled longer. Be careful it does not burn to the bottom.

500. *To prepare Fruit for Children, a far more wholesome way than in Pies and Puddings.*

PUT apples sliced, or plums, currants, gooseberries, &c. into a stone jar, and sprinkle as much Lisbon sugar as necessary among them; set the jar on a hot stove, or in a sauce-pan of water, and let it remain till the fruit is perfectly done. — Slices

of bread, or rice, may be eaten with the fruit, the rice being plain boiled.

501. *Strawberries.*

FOR each pound of strawberries take an equal weight of loaf-sugar, put as much currant-juice to the sugar as will dissolve it, and let the strawberries have a scald in it, then take them out with a large spoon or slice with holes in it, boil the syrup and pour it on them hot, boil it several times, till you think they will keep.

The scarlet strawberries are the best.

502. *Raspberry Jam for Tarts.*

GATHER your raspberries when quite ripe and dry, mash them fine, and strew over them their weight of sugar, and half their weight of the juice of white currants; boil them half an hour over a slow fire, skim them well, and put them into pots or glasses, tie papers over them, and keep them dry. Strew on the sugar as soon as you can after the fruit is gathered; and in order to preserve their fine flavor do not let them stand long before you boil them. Or, boil the raspberries with the currant-juice half an hour before the sugar is added and quarter of an hour afterwards.

For white raspberries use white currant-juice.

503. *Black Currant Jam for Tarts.*

GATHER your currants when quite dry, and pick them from the stalks, bruise them in a bowl, and to every two pounds of fruit add a pound and half of loaf-sugar finely beaten, boil them half an hour stirring them all the time, then put them into pots. It is better to let the fruit boil a little before the sugar is added.

504. *To preserve Fruit for Tarts or Desserts.*

CHERRIES, apricots, plums of all sorts, American apples, Siberian crabs gather when nearly ripe, lay them in small jars that will hold a pound, strew over them six ounces of loaf-sugar pounded, cover with two bladders separately tied down then set the jars in a large pan of water up to the neck, boil very gently an hour and a half. Currants and gooseberries may be done in the same way. Apricots should be pared very thin and the stones thrust out with a skewer.

Put the jars in the water when cold or only just warm. Fruit for desserts should be preserved with the stalks on. Let them remain in the water till cold. Keep these and all other fruit free from damp.

505. *To preserve Apricots.*

GATHER the fruit quite dry before it be too ripe, weigh them and split them in halves, lay them on

dishes with the hollow part uppermost, have ready their weight of lump-sugar finely powdered, strew it over them and let them stand twelve hours, blanch the kernels, and put them into a preserving pan with the fruit and sugar, let them simmer very gently till the fruit looks clear taking off the scum; then take out the fruit carefully and boil the syrup a little longer till it thickens; pour it upon the fruit with the kernels on the top. When cold, paper them and tie bladders or leather on the top.

506. *Another way.*

LAY them in cold spring water ten minutes, set them upon the fire and let them simmer, take them carefully and separately out of the pan, pour upon them fresh cold water and repeat the heating of them till the skin is easy to come off which must be done with the fingers, take the weight of the fruit in sugar, when the sugar is clarified put in the plums and let them simmer on the fire till hot through, then put them in jars for use. If the fruit be not a fine green boil a little powdered alum with the syrup.

Orlean plums are done in the same way only the clarified sugar is poured hot upon them.

507. *To preserve Gooseberries.*

GATHER your gooseberries dry, before they have turned red, take a pound of sugar to a quart of fruit, boil them till they be of a light red, stirring

them frequently, then put them in jars, when quite cold strew a little sugar on them, and tie papers on the jars. Raspberries are a great improvement to either gooseberries or currants, allowing a pound of sugar to a pound and quarter of fruit. Boil them half an hour before the sugar is added and half an hour afterwards.

The skins of gooseberries preserved in this way, are more tender than when they are quite ripe.

508. *To preserve Currants for Tarts.*

PUT any quantity of currants into a preserving-pan, with a pound of sugar to every pound and quarter of currants, and a sufficient quantity of currant-juice to dissolve the sugar. Skim it as soon as it boils, put in your currants and boil them till they are very clear. Put them into a jar, when cold, strew sugar over, cover them with paper, and keep them in a dry place.

509. *To preserve Wine-sours.*

CLEAN your wine-sours very well with a cloth, run them down the seam and prick them well with a needle; allow to every pound of fruit three-quarters of a pound of loaf-sugar powdered, put a layer of plums and a layer of sugar till the jar be full, tie white paper over and set them in the oven or in a pan of water on the fire for half an hour, when cold take the fruit out singly and boil the syrup, skim

it and pour it hot upon the fruit, repeat it four or five times; put them into small pots, grate sugar over and cover them with writing paper, then tie bladders or leather on to keep out the air or they will lose their color and become purple.

510. *To preserve Siberian Crabs.*

TAKE the crabs when quite ripe, prick them and put them in a jug, pour boiling water over them and tie them up close till next day, pick out any that may be shrivelled, to a pint of the water they were scalded with, put half a pound of lump-sugar; boil and skim it, then pour it upon the crabs; let them stand two or three days, then take them from the syrup, and add half a pound more sugar to the pint, boil it, and when cold, put in the crabs to boil, they will require boiling two or three times till the crabs look clear, and the syrup appears thick enough.

511. *To preserve Green-gages.*

SELECT the finest plums when they begin to soften, split but do not pare them; weigh the same quantity of sugar as there is fruit, strew a part of it over them; blanch the kernels. The following day pour the syrup from the fruit, and boil it gently with the remaining sugar eight minutes, skim it well, and then add the plums and kernels, simmer till clear, observing to skim it. Lay the fruit singly into

small stone jars, and pour the syrup and kernels upon it.

512. *To preserve Oranges.*

TAKE any quantity of Seville oranges, pare them very thin, rub them very well with common salt, then wash them quite clean from the salt in cold water, then put them in clean cold water for five days changing the water every day, then tie the oranges in rags, put them in a pan of cold water and boil them three hours, or till you can thrust a straw through them, then cut a bit out of the top of the oranges, and scoop out all the inside, till they look quite clear, wash them in hot water. To a dozen of oranges take four pounds of good loaf-sugar and three pints of spring-water, set it on the fire to boil some time before you put the oranges in, then put them in, fill the inside with the syrup, and tie on the bits that were cut out with fine thread, let them boil till they look clear; give them a boil the next day.

513. *Magnum-Bonum Plums: excellent as a Sweetmeat, or in Tarts, but not good to be eaten raw.*

PRICK the plums with a needle simmer them very gently in a thin syrup, put them in a bowl, and when cold pour it over. Let them lie three days; then make a syrup of three pounds

of sugar to five of fruit, with no more water than hangs to large lumps of the sugar dipped quickly, and instantly brought out. Boil the plums in this fresh syrup, after draining the first from them. Boil them very gently till they be clear, and the syrup adheres to them. Put them singly into small pots, and pour the liquor over. These plums are apt to ferment, if not boiled in two syrups; the former will sweeten pies, but will have too much acid to keep. Do not break them. One parcel may be done after another, and thereby save much sugar.

514. To preserve Jargonel Pears most beautifully.

PARE them very thin, and simmer in a thin syrup; let them lie a day or two; then make the syrup richer and simmer again, repeat this till they are clear, then drain, and dry them in the sun or a cool oven for a short time.

They may be kept in the syrup and dried as wanted, as it makes them more moist and rich.

515. To preserve Damsons.

GATHER the damsons quite dry and wipe them with a cloth taking out those that are bruised; put them in jars that will hold about three gills, and to three gills of fruit put quarter of a pound of good moist sugar, tie two bladders on separately, then set them in a pan of cold water on the fire and boil them very gently about an hour, let them stand in

the water till cold. They are very good for pies and puddings after the same manner without sugar, boiled only three quarters of an hour. The bladders should be washed in warm water and wiped dry : allow plenty of room in tying them on the jars as they are apt to burst.

516. *Another Way.*

WIPE the damsons and take a pound of sugar to three pints of fruit, put them in a large jar and set it in a pan of water on the fire in a moderate oven till the syrup will separate from the fruit, when cold take out the fruit, boil the syrup and pour it hot upon it, repeat it several times, and the last time, simmer the fruit in the syrup quarter of an hour, then take it out into jars and boil the syrup quarter of an hour longer before you put it to the fruit.

When cold tie white paper and leather on the jar.

517. *To preserve Cherries.*

STONE the cherries carefully and to every quart take a pound and half of loaf-sugar, put a layer of cherries and a layer of sugar in a stone-jar, set them half an hour in a pan of water on the fire, let them stand two days, then boil them gently about half an hour, then take out the fruit into small jars and boil the syrup quarter of an hour longer ; pour it on the

fruit and when cold, put white paper over the jars and then leather.

518. *Gooseberry Jam.*

To four pounds of ripe red gooseberries allow a pound of fine sugar, cut the gooseberries in halves, then boil them with the sugar till the jam will stiffen, it will take a great deal of boiling, and must be stirred carefully or it will burn.

519. *Cherry Jam.*

To four pounds of cherries stoned allow a pound of fine sugar, and half a pint of red currant-juice; stone the cherries, then boil the whole together pretty fast till it will stiffen, then put it into pots for use.

Boil the currant-juice and sugar together before you put in the fruit.

520. *Another Way.*

To twelve pounds of Kentish or duke cherries when ripe, weigh one pound of sugar; break the stones of part, and blanch the kernels, then put them to the fruit and sugar, and boil all gently till the jam come clear from the pan. Pour it on plates to dry. Keep it in boxes with white paper between each layer.

521. Black Plum Jam.

GATHER the plums when quite ripe, stone them, and bruise them in a preserving pan as much as possible, warm them over the fire till quite soft, press them very well through a colander or coarse sieve, boil the pulp one hour stirring it all the time, then put six ounces of powdered loaf-sugar to every pound of jam, mix it off the fire; put it on the fire again for quarter of an hour, then put it in pots and sift powdered sugar over.

522. Raspberry Jam.

WEIGH equal quantities of fruit and loaf-sugar, put the fruit in a preserving-pan, boil and stir it constantly, mashing the fruit, let it boil quickly, when most of the juice is wasted add the sugar and simmer thirty minutes. A little currant-juice is an improvement.

523. Peach Jam.

TAKE ripe peaches and proceed as for raspberry jam, adding half an ounce of bitter almonds mixed with a little powdered sugar to every pound of jam, and about a third less of sugar.

524. Strawberry Jam.

TAKE ripe scarlet strawberries, bruise them and add a little juice of red currants, put eleven ounces of

sifted loaf-sugar to every pound of fruit, set them over a clear fire, and boil forty minutes. Half a pound of sugar is sufficient for a quart of fruit. When done put it in pots; and when cold, paper them.

525. *Apple Jelly.*

PARE and core some apples, put them in a stew-pan with as much water as will cover them, boil very fast, when the fruit is all in a mash add a quart of water, boil half an hour more and run through a jelly bag. Or, prepare apples as above and add half an ounce of isinglass boiled in half a pint of water to a jelly, put it to the apple-water as strained through a coarse sieve, add sugar, a little lemon-juice and peel boiled all together, take out the peel and pour it in a dish. In summer, codlins are the best; in winter, golden rennets or pippins.

526. *Another way to make Apple Jelly.*

PARE and core twenty golden pippins, boil them in a pint and half of spring-water till quite tender, then strain the liquor through a colander: to every pint of liquor put a pound of fine sugar; add the grated rind of orange or lemon and boil to a jelly. Serve it up in jelly-glasses.

527. Quince Jelly.

TAKE the liquor in which the quinces for marmalade have been boiled, run it through a jelly-bag, and to every pint allow a pound of fine loaf-sugar: boil it till it is quite clear and will jelly.

528. An excellent Receipt for Red Currant Jelly.

TAKE two-thirds red currants to one of white, squeeze them (without picking) strain and press the juice through a hair sieve and immediately make it quite hot but do not let it boil; to every pint of juice allow a pound of sugar bruised fine and made quite hot, have it ready to put to the hot juice, add it by degrees stirring it all the time till the sugar is melted, then put it into pots immediately. This is both an economical and expeditious way and has very much the flavor of the fruit.

Black currant jelly made the same way with a mixture of white currants is very superior to that made by boiling, only put the currants in the oven to stew a little, the juice being much thicker and more difficult to strain.

529. Cranberry Jelly.

MAKE a very strong isinglass jelly, when cold mix it with double the quantity of cranberry juice, which must be pressed and strained from the fruit

after having been stewed in a jar with a little sugar; sweeten with fine loaf-sugar and boil it up, then strain it into a mould.

530. *Barberry Jelly.*

PICK the fruit and put it into an earthen jar, with water enough to cover it: set the jar in a pan of cold water on the fire till the fruit is all burst, and the water is well incorporated with the juice; then run the liquor through a jelly-bag, and to every pint allow three quarters of a pound of fine sugar, and boil it till it will jelly.

Black currant jelly may be made in the same way, but the jar must be only half full of currants and filled up with water.

531. *Orange Jelly.*

GRATE the rinds of two Seville oranges, two China oranges and two lemons, squeeze the juice of six Seville and two China oranges and three lemons upon the grated rinds, take three-quarters of a pound of loaf-sugar and a pint of water and boil it to a thick syrup, when cold put it to the juice. Boil two ounces of isinglass in a pint of spring-water till dissolved; strain it through a sieve and stir it till nearly cold, then put it to the syrup, pass it through a jelly-bag and put it in a mould.

532. Raspberry Jelly.

MASH the raspberries well with a wooden spoon, set them on the fire in a preserving-pan, stirring it all the time, when near boiling take it off and strain it through a hair-sieve, measure the liquor into a clean pan and let it boil twenty minutes, then to every pint of juice put fourteen ounces of loaf-sugar, stir it well off the fire till the sugar is dissolved, then boil it twenty minutes, stirring it well ; pour it into pots or glasses and when cold sift fine sugar over, the next day paper them. About a third part of currants may be added.

Gooseberry jelly may be made the same way, or the gooseberries might be stewed without bruising and then strained through a hair-sieve.

533. Blackberry Jelly.

TAKE blackberries when they have become red, pick, and put them in a pot tied up close, set them in a pan of water, and let them stand over the fire till they be reduced to a pulp ; then strain and put to a pint of the juice, a pound of powdered loaf-sugar ; boil it to a jelly, pour it into pots for use.

534. Black Currant Rob.

GATHER your currants when they are quite ripe, and pick them clean from the stalks, put them into

a large stew-pot and tie paper over them, bake them two hours in a moderate oven, then take them out and squeeze them well through a thin coarse cloth, put six quarts of the juice into a pan and boil it over a slow fire, stirring it till it be reduced to about one quart, then pour it into flat pots and dry it; put oil papers upon it, and tie bladders over it. Keep it in a dry place for use.

535. *Elder Rob.*

WHEN the elderberries are ripe pick them clean, put them into a jar, and bake them in a slow oven nearly two hours, then squeeze out the juice through a coarse cloth, boil it over a slow fire till it be very thick, keep it stirring, three quarts should be reduced to near a pint; put it into pots, and set it in the sun for two or three days; lay over it paper dipped in sweet oil. This, as well as the black currant rob, is an excellent thing for a hoarseness or sore throat.

536. *Apricot Cheese.*

PUT ripe apricots into an earthen jar, and set it in a pan of water, let the fruit boil till soft, then pulp it through a colander, and allow to every pint of pulp three quarters of a pound of loaf-sugar powdered, boil it fast till it will stiffen. Some of the kernels blanched and put in are a great improvement.

537. *Damson Cheese.*

PICK ripe damsons and put them into a jar, tie white paper over them, bake them in a slow oven till they be quite soft, or scald them in as much water as will cover them, rub them through a colander while hot, put the pulp and juice which has passed through the colander into a stew-pan with fine powdered sugar to your taste; boil it over a moderate fire till it be quite stiff: it will require boiling near three hours; keep stirring it to prevent it burning to the pan, and a few minutes before you take it off the fire, mix the kernels of the damsons with it. Pour it into cups or moulds, let it stand a day; then cut pieces of writing paper the size of your pots, dip them in sweet oil and put close over them: put them in a dry place. And will keep several years.

538. *Apple Cheese.*

PARING and core your apples, put them in a deep pot or jar, and put the parings and cores at the top, tie a paper over them and bake them in a moderate oven till they be quite soft; take off the parings and cores, also any bits of hard apple which may be on the top; then put your apples into a stew-pan with powdered sugar to your taste, and boil it four hours till it be quite stiff; then put it into moulds or cups, and paper them as the damson cheese: set it in a dry place, and in three weeks it will cut quite smooth.

You may add the rind of a lemon grated, and a few blanched almonds cut in small pieces, before you put it in the moulds,

539. *Another Way.*

TAKE four large apples, scald them till they will pulp through a colander, add a little cream and lemon-peel; take half an ounce of isinglass boil it in a little water, strain and mix it with the pulp, add sugar to the taste, and two yolks of eggs keep stirring it till cold, then put it into a mould.

540. *Damson, Bullace, or Plum Cheese of any Kind.*

WEIGH the fruit, and allow a pound of sugar to every four pounds of fruit. Put the fruit into an earthen jar, set it in a pan of water on the fire, till the fruit is softened, so that it will pulp through a colander; then boil the pulp with the sugar till the cheese will stiffen. Some of the kernels of the fruit blanched and put in, improve it very much.

541. *Cherry Cheese.*

STONE Kentish cherries, blanch some of the kernels in boiling water, and mix with the fruit; to every twelve pounds of fruit, put three pounds of powdered loaf-sugar; boil it to a thick jam, and

when the fruit no longer cleaves to the pan, it is done enough, then pour it into pots.

542. *To make Apricot Marmalade.*

When you preserve your apricots, pick out all the bad ones, and those that are too ripe for keeping, boil them in the syrup till they will mash, then beat them in a marble mortar to a paste, take half their weight of loaf-sugar, and put as much water to it as will dissolve it, boil and skim it well, boil them till they look clear, and the syrup thick like a fine jelly; then put it into your sweet-meat glasses, and keep them for use.

543. *Apple Marmalade.*

PUT some apples into water, scald them till they are tender, and pulp them through a sieve. Put three-quarters of a pound of sugar to a pound of apples into a preserving-pan, let it simmer over a gentle fire, skimming it well. Put them into pots or glasses, as soon as you find it of a proper thickness.

544. *Quince Marmalade.*

PARE, core, and quarter the quinces, boil them gently in water till they begin to soften, but do not cover them in boiling. Beat them in a mortar to a pulp, and allow to every pound of pulp three-quar-

ters of a pound of fine sugar; boil them together till the marmalade will stiffen, then put it into pots.

545. *Orange Marmalade.*

RASP Seville oranges or pare them very thin, then cut them in quarters and take out the pulp quite clean, then tie the rinds in thin cloths and set them on the fire to boil changing the water three or four times to take out the bitterness, when they are very tender, take them out and cut them in thin slices, take out all the seeds and skins from the pulp, then mix it and some lemon juice with the orange, to every pound of fruit take a pound and half of good loaf-sugar and a pint of water; set the sugar and water on the fire and when it has boiled a few minutes put in the orange, let it boil pretty quickly stirring it constantly, when quite clear pour it into pots or glasses.

Lemon-marmalade may be made the same way.

546. *Black Butter.*

TAKE gooseberries, currants, raspberries, strawberries, cherries (plums or any other kind of fruit may be added), of each an equal quantity, boil them till reduced to a pulp, then rub them through a coarse sieve, to every three pounds of fruit allow one pound of sugar, boil till it be quite thick, then pour it into pots. It is a very pleasant sweetmeat and keeps well, and will cut quite smooth.

547. To dry Cherries.

TO four pounds of the large Kentish cherries allow a pound of sugar stalk and stone the cherries, then make the sugar into a syrup with only as much water as will cover it well; boil the cherries in it gently for about half an hour; let them stand three or four days, then boil up the sugar and pour it boiling over the cherries, let them stand four days longer, then take them out and lay them on sieves to dry either in the sun or in a slow oven and when they are sufficiently dried put them in boxes laying a white paper between each layer of cherries

548. To dry Cherries without Sugar.

STONE the cherries and set them on the fire in a preserving-pan, let them simmer in their own liquor and shake them in the pan, put them in earthen dishes, the next day give them a scald, and when cold; put them on sieves to dry before the fire or in a cool oven. Twice or three times, an hour each time will dry them. Keep them as above.

549. To dry Apples.

PUT them in a cool oven six or seven times, and flatten them by degrees, and gently, when soft enough to bear it. If the oven be too hot they will waste; and at first it should be very cool. — The biffin, the minshul crab, or any tart apples, are the sorts for drying.

550. To dry Apples.

BOIL them in new wort on a slow fire for quarter of an hour, then take them out and press them flat; dry them in an oven or stove, put them in papers in a box, and they will keep all the year.

551. To dry Damsons.

GATHER your damsons when they are fully ripe, spread them on a coarse cloth, and set them in a very cool oven; let them stand a day or two, and if they be not then properly dried, put them in for a day or two longer; then take them out, lay them in a dry place, and they will eat like fresh plums during the winter.

552. To dry Gooseberries.

TO six pounds of gooseberries when they begin to turn red, take two pounds of bruised sugar, strew it on them and let them stand three days, then put them in a jar, covered close and set it over a gentle fire in a pan of cold water, when near boiling take them off and let them stand till the next day, then drain the syrup carefully from them and boil it a little, pour it upon the fruit and let it remain a few days or a week, boil the syrup up again and let them stand a day or two longer, then drain them from the syrup and pour water on, then drain and dry them on sieves or dishes in the sun

or a cool oven. Keep them dry. They are very good in puddings instead of raisins.

553. To dry Gooseberries without Sugar.

GATHER the large red hairy gooseberries when dry and nearly ripe, lay them singly on sieves or dishes in the sun or before the fire till quite dry, they may now and then be put in a very cool oven. Keep them from the air with white paper between the layers of fruit.

554. To dry Pears.

PARE any kind of large baking pears, to half a peck put two pounds of sugar and three pints of water, set them in a moderate oven in a large jar to stew but do not let them be soft, then take them out and let them stand a few days, then boil the syrup up again and pour it on them, let them stand a day or two longer, then drain them from the syrup and lay them on dishes or tins to dry in a cool oven.

555. Black Currant Lozenges.

PUT any quantity of black currants into a large jar, cover them close, set them in a moderate oven and let them remain all night, then press the juice and pulp through a coarse thin cloth as dry as possible, set it on the fire with half a pound of powdered loaf-sugar to about three pints of pulp, only let it simmer stirring it almost constantly, skim it and

when it becomes thick, rub a large dish with a little butter, pour in the jam, set it before the fire or in a cool oven to dry.

556. *To bake Apples.*

TAKE large apples, core but do not pare them, cut them in two, then strew sugar on a flat dish, and lay the apples the flat side downwards, strew sugar over and bake them in a moderate oven.

557. *Black Caps.*

TAKE some large apples cut a slice off the stalk end, scoop out the cores and set them on a tin in a quick oven till they are brown, then wet them with a clean feather dipped in rose-water, grate sugar over and set them in the oven again till they look bright and nearly black, then take them out and put them in a deep dish, pour round them thick cream or custard.

558. *To bake Pears.*

WIPE but do not pare them; lay them on tin plates and bake them in a slow oven, when enough to bear it flatten them with a silver spoon; they should be baked three or four times very gently.

559. *To scald Codlins.*

WRAP each in a vine-leaf, and pack them close in a nice saucepan; when full, pour as much water in as will cover them. Set it over a gentle fire, and let them simmer slowly till done enough to take the thin skin off when cold. Place them in a dish, with or without milk, cream, or custard. Dust fine sugar over the apples.

560. *To stew Pippins.*

MAKE a syrup of half a pound of loaf-sugar to a pint of water, clarified with the whites of eggs. Pare the pippins, scoop out the cores, and stew them very gently in the syrup till they look quite clear: some lemon-peel cut in very narrow shreds, and scalded a few minutes in water, may be stewed with the pippins, to lay about them in the dish.

561. *To stew Pears.*

TAKE the fruit and scoop out the cores with a sharp knife. To every pound of fruit allow half a pound of sugar and half a pint of water. Boil the sugar and water to a syrup, then put in the fruit with some lemon-peel and a few cloves, let them boil pretty fast till the pears look quite red and rich. The common baking pears are the fruit usually

employed, but swan's egg pears done this way are extremely delicate.

They will keep for six weeks or two months.

562. *To stew Pears purple.*

PEEL some large pears, put them in a stew-pot and boil the parings in water just sufficient to cover them, then strain the liquor and add sugar to make it a syrup, pour it over the pears and lay a pewter plate close upon them, then put on the cover quite close and set them in a pan of water in a boiler over a slow fire, let them stew till quite tender and they will be a purple.

563. *To bottle Gooseberries.*

PICK gooseberries of the small round kind, put them in clean dry bottles, cork them but not tight, put them in a pan of cold water and set them on a moderate fire, when the gooseberries change color and begin to shrink a little in the bottles take the pan off the fire and let them stand till cold, then cork them tight and rosin the corks. Keep them in dry sand in a cool place with the necks downward. They should be done very gently. It is well to put a little hay at the bottom of the pan and between the bottles.

564. Another Way.

PICK the gooseberries as before into clean bottles, then fill them up with spring water that has been boiled and stood till cold again, set them on the fire in a pan of cold water, when they begin to look white in the bottles take the pan off the fire and let them stand till cold, then take them out of the pan, cork and rosin them and keep them in a cool place free from damp.

565. To bottle Damsons.

GET the damsons carefully when they are just turned color and put them into wide-mouthed bottles, cork them loosely and let them stand a fortnight, then look them over, and if any be spotted or mouldy, take them out, and cork the rest close; set the bottles in sand, and they will keep till spring and be as good as fresh ones.

566. Another Way.

GATHER the damsons quite dry and sound before they are too ripe, put them in wide-mouthed bottles, cork them down tight and set them in a very moderate oven for three hours. All kinds of fruit that are bottled may be done in the same way and if properly done will keep good two years. When cold, rosin the corks and set them in a cool dry place with the necks downward to prevent them from fermenting.

Be very careful the oven is not too hot or the bottles will fly. Some prefer leaving them uncorked

till they are done; perhaps corking them loosely might answer as well.

567. To bottle Green Currants.

GATHER the currants when the sun is hot upon them, put them in clean dry bottles, cork them up close, and put them in a dry cool place, or keep them in dry sand.

568. To bottle Cranberries.

PICK them quite clean and put them in clean bottles or stone jars, fill them up with cold spring water that has been previously boiled; rosin the corks and tie paper, then leather on the jars. Keep them in a cool place. American cranberries and clusterberries are kept in the same way. When to be used for tarts stew them a little with a few spoonfuls of the water they have been kept in and sugar.

Observations on Sweetmeats.

SWEETMEATS should be kept carefully from the air, in a dry cool place: heat makes them ferment, and damp causes them to grow mouldy. They should be looked at two or three times in the first two months, that they may be gently boiled again if not likely to keep. They keep best in small jars.

PICKLES, &c.

569. *To pickle Red Cabbage.*

SLICE it thin into an earthen dish, cover it close and let it stand three days, then drain it through a sieve; boil some good vinegar with ginger and whole black pepper and a bit of a'um the size of a hazel nut, pour it on the cabbage and cover it close. When cold tie leather on the jar and it will be ready for use in a few days. A few slices of red beet-root and some small branches of cauliflowers thrown in after being salted, will look a beautiful red.

570. *To pickle Red Cabbage.*

HANG the cabbages up in the kitchen, bottom upwards, for four days to dry; then cut them into thin slices, put them into a stone jar, first a layer of cabbage, then a little salt, some black pepper all-spice, and ginger, and so on till the jar is full. Then fill it up with vinegar, and tie it down close.

571. To pickle Mushrooms.

TAKE only the buttons, rub them with a bit of flannel and salt, throw a little salt over and put them in a stew-pan with a little mace and white pepper; as the liquor comes out, shake them and keep them uncovered over a gentle fire till all the liquor is dried up, then put as much vinegar into the pan as will cover them, let it warm, then put them into small jars or glass bottles. They will keep two years.

572. To pickle Mushrooms white.

PUT some button mushrooms into milk and water, wipe them from it with a bit of new flannel, throw them into spring water and salt as you wipe them, boil them four minutes, then immediately drain them, cover them close between two cloths and dry them well, then boil a pickle of double-distilled vinegar, mace and a very little white pepper; when cold, put it to the mushrooms put them in small glass bottles with wide necks, pour a tea-spoonful of olive-oil on the top; cork them well and tie leather on. When opened for use, tie a bit of cotton at the end of a small stick or the small end of a tea-spoon and take off the oil quite clean.

Some boil them in milk, which is also a very good way.

573. To pickle Onions.

IN the month of September, choose the small white round onions, take off the brown skin, have ready a very nice stew-pan of boiling water, throw in as many onions as will cover the top; as soon as they look clear on the outside, take them up as quick as possible with a slice, and lay them on a cloth; cover them close with another, and scald some more, and so on. Let them lie to be cold, then put them in a jar, or glass wide-mouthed bottles, and pour over them the best vinegar, just hot, but not boiling. When cold, cover them.

574. To pickle Onions.

PEEL some small onions and throw them as you peel them into salt and water, changing the brine once a day for three days together, then set them over the fire in milk and water till near boiling; drain and dry them, then pour on them the following pickle boiled and stood till cold again. The white distilled vinegar, salt, mace, white pepper and a bay leaf or two: they will not look white with any other vinegar.

575. To pickle Lemons.

GRATE off the yellow rind of the lemons and put them in an earthen pot, cover them entirely with salt, and let them stand a fortnight; then scald them

three times with salt and water, letting them stand till cold each time, then put them in a jar and boil as much vinegar (with pepper, ginger, and a little mace) as will cover them, pour it upon the lemons, when cold tie the bladder over it, they will be ready for use in six months.

576. *To pickle White Cabbage.*

TAKE three white cabbages, cut, and salt them as you would red cabbage; put the cabbage when cut in a deep earthen pot, cover it close and let it stand in the cellar a week turning it every day, then take it out and shake it open on a coarse cloth to drain the brine from it, then put it in a jar with half a pound of white mustard-seed, two heads of garlic, one ounce of turmeric: boil one gallon of vinegar, one ounce of long pepper, two ounces of white pepper, a small quantity of Cayenne, one ounce of ginger, and quarter of an ounce of mace, all together, then pour it on the cabbage, &c., stir it well up and keep it close from the air; stir it every day for a month, and it will be fit for use.

577. *Indian Pickle.*

To every gallon of vinegar put two ounces of turmeric, half an ounce of Cayenne pepper; put in gherkins, large cucumbers cut down the middle and the seeds taken out, small green melons, small apples, French beans, radish pods, nasturtium buds,

capsicum, also cauliflower, cabbage and small lemons, the latter pared very thin, and cut in quarters; squeeze out some of the juice and take out the seeds but not the pulp, cut the cauliflower into small branches and the cabbage in slices, spread them on a dish and strew a good handful of salt over them, add fresh salt to them three or four days, first pouring away the liquor that drains from them; then spread them out on a dish, and set them in the sun or before the fire, till quite dry and withered, when all are prepared, arrange them in a large jar, strew in some mustard-seed, a few cloves of garlic, sliced horse-radish and ginger, according to the quantity; then pour in the vinegar, &c. The pickle may be replenished at any time; it never spoils, but is better with keeping. When more vinegar is added, turmeric and Cayenne must be put in as at first.

The ginger should lie in salt and water twenty-four hours, then sliced and laid in salt three days before it be used for the pickle. If preferred the cauliflowers may be scalded about four minutes, cabbages about eight minutes, and then well dried. French beans, cucumbers or fruit just scalded and dried.

578. *Indian Pickle.*

DIVIDE the heads of some cauliflowers into pieces, and add some slices of the inside of the stalk, put to them two white cabbages cut into pieces, with inside slices of carrots, onions, and turnips. Boil a strong

brine, simmer the pickles in it two minutes, drain them, let them dry over a stove or before the fire till they are shrivelled, then put them into a jar, and prepare the following pickle: — To four quarts of vinegar, add two ounces of flour of mustard, two ounces of long pepper, two ounces of ginger, four ounces of black pepper, half an ounce of cloves, with some horse-radish, and a few shalots. Boil the whole, and pour it on the pickle while hot, when perfectly cold tie it down, and, if necessary, add more vinegar afterwards; and in a month it will be excellent.

579. *Cucumbers in slices.*

TAKE large cucumbers before they are quite ripe, slice them rather thick into a pewter dish; to a dozen of cucumbers slice two large onions thin, sprinkling a handful of salt and some horse-radish between each layer, then cover them with another pewter dish and let them stand twenty-four hours; then put them into a colander to drain and when quite dry put them in a jar, cover them with good vinegar and let them stand four hours; then pour the vinegar from them and boil it with salt: put some whole pepper, ginger and nutmeg sliced, and mace to the cucumbers and pour on them the boiling vinegar. Cover them close, and when cold tie them down; they may be used in a few days.

580. *Beet Roots.*

BOIL the roots till tender, peel them and cut them in slices, gimp the edges in the shape of wheels or any other form; put them in a jar and pour on them as much vinegar boiled with mace, ginger sliced, and some horse-radish as will cover them. Pour it on hot and tie it down close.

A little bruised cochineal may be added.

581. *To pickle Eggs.*

BOIL some eggs very hard, peel and put them into cold water, changing them till cold. Make a pickle of good vinegar, a blade of mace, a bunch of sweet herbs, a little whole white pepper and some salt; take the eggs out of the water and put them immediately into the pickle, which must be hot; stir them a good while that they may look all alike; untie the herbs and spread them over the top of the jar but do not cover them with any thing else till they are turned brown: they will be ready for use in about ten days.

Bruise a little cochineal, tie it in a bit of clean thick muslin, dip it in the vinegar and squeeze it gently over the eggs, then put the rag in the pickle. This is a great improvement.

582. *Elder Buds.*

GATHER elder buds when about the size of hop buds, put them into salt and water for nine days, stirring them two or three times a day, and proceed as for cucumbers.

583. *To pickle Cauliflowers.*

PULL the cauliflowers in small pieces, put them in a jar and sprinkle them well with salt, pour boiling water over to cover them, tie them up close and let them stand till the next day, then drain them carefully and lay them singly on a clean cloth, cover them with another, let them remain till the next day when they will be quite dry : make a pickle of good pale vinegar with white pepper-corns, ginger a little bruised, a little mace and scraped horse-radish ; lay the cauliflower in a stone jar and pour the pickle boiling hot upon it.

584. *Another Way.*

CUT the cauliflowers in small bunches, throw them for one minute only into boiling salt and water, drain them and put them into cold spring water, then drain and dry them very well, put them in good *pale* vinegar cold, let them stand a week or ten days then

change the vinegar adding mace, white pepper, nutmeg and scraped horse-radish.

Keep it covered close and let it stand at least three months before you use it.

585. *To pickle Samphire.*

TAKE some fresh gathered samphire sprinkle it with two large handfuls of salt, cover it with spring water and let it stand twenty-four hours, then put it in a brass pan with a handful of salt, cover it well with vinegar, then cover the pan close and set it over a slow fire, till green and crisp, for should it remain till soft it will be spoiled; when cold, tie over it a bladder and leather.

586. *To pickle Parsley.*

MAKE a strong brine that will bear an egg; put in any quantity of fine curled parsley; let it stand a week, then make a fresh brine as before and let it stand another week, then drain it well and put it into spring water changing it three successive days: scald it in hard water till green, then take it out and drain it. Boil as much distilled vinegar as will cover it with two or three blades of mace a nutmeg sliced, and a shalot or two; when cold pour it on the parsley with two or three slices of horse-radish, tie it up for use.

587. *To pickle French Beans.*

Pour over them boiling brine, cover them close, the next day drain and dry them, pour over them a boiling pickle of good vinegar, Jamaica and black pepper, a little mace and ginger: repeat boiling the vinegar every day till the beans look green.

Radish pods are done in the same way.

588. *To pickle Fennel.*

Set some spring water on the fire and when it boils put in some fennel tied in bunches, with some salt, just let it scald but not boil, when it is of a fine green, dry it in a cloth; when cold put it in a glass jar with some bruised nutmeg, mace and a few white pepper-corns, fill up the jar with good cold vinegar and lay some fresh fennel on the top, cover it as other pickles with bladder and leather.

589. *To pickle Walnuts.*

Prick the walnuts well with a pin, when young; to one hundred, put quarter of a pound of whole black pepper, quarter of a pound of ginger sliced or bruised a little, quarter of a pound of mustard, a handful of the tops of garlic or shalot and sliced horse-radish; fill up the jar with cold vinegar adding four large handfuls of salt: cover it close with two covers of

leather and as the vinegar wastes fill up the jar. Let them stand a year before you use them if preferred, the vinegar may be boiled with the seasoning and poured hot upon the walnuts. When the walnuts are used the vinegar may be improved and made useful for sauce, by boiling it up with cloves and garlic ; then strain it and cork it up in bottles.

590. *To pickle Walnuts.*

PREPARE a pickle of salt and water strong enough to bear an egg, boil and skim it well, then pour it over the walnuts and let them stand six days ; then make a brine as before, drain and put them into it, and let them stand a week, then drain and dry them with a cloth : pour over them quite hot as much good vinegar boiled with mace, cloves, nutmeg, all-spice, bruised ginger, scraped or sliced horse-radish and Jamaica pepper-corns as will cover them. A little garlic and mustard-seed may be added if approved.

When cold, tie the jar up close — they will be ready in six months, but be careful to gather the walnuts before the shells become hard.

Walnuts are more liable to turn black and soft when they lie in brine previous to being pickled, but are sooner ready for use.

591. *To pickle Walnuts green.*

TAKE fine clean walnuts before the shells become

hard, lay them in strong salt and water twelve days, changing the brine every two days, then set them over the fire till they will peel; having peeled them, return them into the same water, cover them very close and set them over a slow fire till they are green, then drain them well and boil as much vinegar as will cover them, with whole black and Jamaica pepper, mace, ginger and a few bay leaves, pour the pickle hot upon the walnuts and cover them close, when cold tie them down with leather or bladder. As the vinegar wastes add sufficient to keep them covered.

592. *To pickle Barberries.*

TAKE out the worst of the barberries and put them into equal quantities of vinegar and water, to every quart of this liquor put half a pound of coarse sugar, boil all together and skim it till it looks a fine color: when cold, strain it through a cloth, pressing it to get all the color from the barberries, let it stand to settle then pour it clear to the best of the barberries.

593. *Another Way.*

PICK the barberries before they are quite ripe, put them into jars with as much strong salt and water as will cover them, tie them down with leather: when any scum arises, put them into fresh

salt and water ; they require no vinegar : cover them close.

Currants may be done in the same way with equal quantities of vinegar and water, adding a little cinnamon and cloves.

594. *Radish Pods.*

GATHER the pods when young, put them in salt and water twenty-four hours, then boil the salt and water, pour it on the pods and cover them close ; when cold, boil it and pour it on again, repeat it till they are green, then drain them and make a pickle of good vinegar, with mace, ginger, long pepper and horse-radish : pour it boiling hot upon the pods and when nearly cold boil the vinegar again and pour it on them. When cold tie leather on and keep them for use.

595. *Codlins.*

GATHER them when little larger than a large walnut : put vine-leaves at the bottom of a brass pan, lay in the codlins, cover them with leaves then with water, set them over a slow fire till they will peel, then peel them and return them into the same water, with vine-leaves top and bottom ; cover them close over a slow fire till they become green : when cold cut off the end whole with a small knife, scoop out the core, fill the apple with garlic and mustard-seed,

replace the end that was cut off and set that end uppermost in the jar ; pour on them cold pale vinegar with a little mace and cloves. Salt may be added.

596. *Melon Mangoes.*

TAKE the proper sort of melons for pickling, fresh gathered, cut a small square piece out of one side, scoop out the seeds, and mix them with mustard-seed and shred garlic, fill the melon as full as the space will allow and replace the square piece ; bind it up with small new packthread. Boil as much vinegar (allowing for wasting) as will cover them well, adding black and Cayenne pepper, salt and ginger, pour it boiling hot over the mangoes four successive days, the last time, add flour of mustard and scraped horse-radish just as it boils up.

When cold, cover them close observing to keep them well covered with vinegar. Large cucumbers called green turley prepared as mangoes, are excellent and are sooner ready for eating.

597. *Cucumber Mangoes.*

LAY the cucumbers in a strong brine two days, wipe them dry, then cut open one end and take out the seeds ; in every cucumber put a clove of garlic, a shalot, a small onion, a clove, a little sliced ginger, Cayenne and whole black pepper, fill them up with

mustard-seed and scraped horse-radish ; stitch on the ends, and put them quite close in your jar and pour on boiling vinegar enough to cover them, repeat boiling the vinegar every day till they are green.

The large green cucumbers are the best.

598. *Cucumber Mangoes.*

TAKE the largest cucumbers you can get, before they are too ripe, or yellow at the ends, cut a piece out of the side, and take out the seeds with an apple-scraper or tea-spoon, and put them into a very strong brine for eight or nine days, or till they are very yellow, stirring them well two or three times each day ; then put them into a brass pan, with a large quantity of vine-leaves both under and over them, beat a little roach alum very fine, and put it in the salt and water that they came out of, pour it upon your cucumbers, and set them upon a very slow fire for four or five hours, till they are a pretty green ; then take them out and drain them on a hair sieve ; when they are cold, put into them horse-radish, mustard-seed, two or three heads of garlic, a few pepper-corns ; a few slices of green cucumbers cut in small pieces, till you have filled them ; then take the piece you cut out, and sew it on with a large needle and thread. Have ready your pickle, and to every gallon of vinegar put half an ounce of mace, the same of cloves, two ounces of ginger sliced, the same

of long pepper, black pepper, Jamaica pepper, three ounces of mustard-seed tied up in a bag, four ounces of garlic, and a stick of horse-radish cut in slices; boil the whole five minutes in the vinegar, then pour it upon your pickles, tie them down, and keep them for use.

599. *Peach Mangoes.*

TAKE some peaches of the largest kind when they are full grown and just beginning to ripen, lay them in salt and water with a little bay-salt, cover them with a board that will go within the vessel, when they have stood two or three days, take them out, drain and wipe them dry and cut them open with a sharp penknife; take out the stone, cut some garlic very fine, and a good deal of scraped horse-radish and bruised mustard-seed, a clove or two and some sliced ginger, fill the cavity in the peaches with these ingredients, tie them round with thread and lay them in a jar, add cloves, mace, and broken cinnamon, pour over them as much vinegar as will fill the jar, to every quart put near quarter of a pint of the best well-made mustard, some garlic, ginger and nutmeg or mace; mix the pickle well together and pour it over the peaches, tie them close with two leathers. They will soon be fit for use. A little cochineal may be added if approved.

White plums may be done in the same manner.

600. *To pickle Cucumbers.*

TAKE half a pound of bay-salt to one hundred of cucumbers, boil the salt and water and pour it hot upon them, cover them up close for three hours, then take them out of the jar and wrap them in a cloth till cold, put them into a pan with vinegar, mace, ginger, black pepper, and salt; let them simmer till they begin to turn green, then put them in jars with scraped horse-radish and tie leather on.

601. *Another Way.*

TAKE the small long sort fresh gathered, pour over them a strong brine of salt and water boiling hot, cover them close and let them stand all night, the next day stir them gently, then drain and dry them in a cloth: make a pickle of good vinegar, ginger sliced, Cayenne and black pepper, when the pickle boils, put in the cucumbers, cover them and let them boil quick three minutes; put them into a jar with the pickle, and cover them close, when cold, put in a sprig of dill with the seed downward. They will be very crisp and green done in this way, but if not quite green enough with once boiling, boil up the pickle again the next day and pour it on the cucumbers immediately.

602. *Nasturtiums.*

GATHER the knobs or seeds of nasturtiums while young, put them into cold salt and water, changing the brine once a day for three days; make a cold pickle of vinegar, shalot, pepper, mace and horse-radish, put in the seeds, and tie them up close.

603. *Sugar Vinegar.*

TO six gallons of water, take nine pounds of brown sugar, boil it quarter of an hour, when luke-warm, add a pint of new yeast, let it work four or five days, stirring it three or four times a day, then put it in a clean barrel iron hooped, set it in the sun; if it be made in February it will be fit for use in August, you may use it for most sorts of pickles except mushrooms and walnuts.

604. *Sugar Vinegar.*

TO one gallon of water put one pound of sugar, dissolve the sugar in part of the water over the fire till it will make the whole just warm, then put it in a cask with a little alum and a little yeast, bung it up very lightly and let it stand in a warm place till sour, then bottle it. Do not wash your cask and the next making will be ready in a much shorter time.

605. *To make Sugar Vinegar another Way.*

BOIL ten pounds of coarse sugar, twelve gallons of water, and half a pound of brown bread together for one hour, then take out the bread, and pour the liquor into an open vessel to cool, and on the following day add half a pint of yeast. Let it stand twelve or fourteen days, and then put it in a cask, which must be set in the sun till sufficiently sour, which will commonly be in about six months.

The bung-hole must merely have a bit of slate over it.

606. *Gooseberry Vinegar.*

TAKE three gallons of water, and four quarts of gooseberries bruised; place the whole in a tub, in which it must remain three days, being stirred often; then strain it off, and add to every gallon of liquor one pound of coarse sugar; pour the whole into a barrel with a toast and yeast. (The strength can be increased almost to any required degree by adding more fruit and sugar.) It must then be placed in the sun, and the bung-hole covered as before mentioned.

607. *Gooseberry Vinegar.*

THE gooseberries should be full ripe and bruised till all are broken, to every quart of pulp put five pints of cold water, let it stand two days stirring it

three times a day, then strain it through a sieve and afterwards through a flannel-bag—to every gallon put a pound and half of good moist sugar, when the sugar is dissolved put it in a cask and stop it—if made of white or green gooseberries the color will be finer.

608. *Gooseberry Vinegar.*

TAKE the gooseberries, when full ripe, stamp them small; to every quart put three quarts of water, stir them well together; let it stand twenty-four hours, then strain it through a canvas bag.

To every gallon of liquor add one pound of brown sugar, and stir it well together before you barrel your liquor.

The old bright yellow English gooseberries are the best.

609. *Cowslip Vinegar.*

To fifteen quarts of water put five pounds of coarse sugar boil them together ten minutes, when cold put four quarts of cowslip flowers into the liquor with a small tea-cupful of barm, stir it well twice a day for a week and set it in the sun.

610. *To make Primrose Vinegar.*

To fifteen quarts of water put six pounds of brown sugar; let it boil ten minutes, and take off the

scum ; pour it on half a peck of primroses , before it is quite cold put in a little fresh yeast, and let it work in a warm place all night ; put it in a barrel in the kitchen, and when done working close the barrel, still keeping it in a warm place.

611. *To make Acid or Vinegar from Clover-flowers.*

TAKE a quartern measure of clover-flowers, half a pound of coarse sugar, and one pound of treacle to one gallon of water. Put the sugar and treacle to the water and boil them twenty minutes, when just warm put a little yeast to it. Put the flowers in a vessel and pour the liquor upon them. Stop it up close and let it remain till fit for use, which will not be many weeks.

612. *Raisin Vinegar.*

To every two pounds of Malaga raisins put four quarts of spring water, lay a bit of slate on the bung and set it in the sun till it is fit for use. A large stone bottle will do as well as a cask, if it be kept in the chimney corner or near the side of the fire-place a proper time.

613. *Vinegar of Roscs.*

TAKE dried roses, put them in a stone bottle a large handful to a quart, set it in the sun or by

the fire till the virtue is extracted, then strain and keep it for use.

614. *Elder Vinegar.*

STRIP elder flowers from the stalk and dry them on a sheet of paper; when quite dry put them into glass bottles, and fill the bottles up with vinegar; cork them close: it will be ready for use in five or six weeks. Put half a peck to a gallon.

615. *Cucumber Vinegar.*

PUT fifteen large cucumbers pared and sliced thin into a jar with a quart of vinegar, four onions sliced, a few shalots, a little garlic, a very little Cayenne pepper, a little white pepper and salt; let it stand four days, then strain it off and bottle it with some whole pepper.

616. *To strengthen Vinegar.*

SUFFER it to be repeatedly frozen, and separate each time the cake of ice or water from it. See No. 618.

617. *Lemon Pickle.*

TO six lemons each cut into six or eight pieces, put one pound of salt, four cloves of garlic, with mace, nutmeg, Cayenne pepper and all-spice, quarter of an ounce each, and two ounces of flour of

mustard ; to these ingredients add two quarts of good vinegar, boil them quarter of an hour in a stone jar set in a pan of water, then set it by for six weeks stirring it well every day, then pour it into small bottles and keep them very well corked.

618. *Essence of Vinegar.*

DURING a hard frost expose vinegar to the weather in shallow vessels ; the watery parts will freeze, but the spirit will remain fluid. Repeatedly expose the fluid as it is obtained, and if the season be very cold, a pint of strong vinegar will be reduced by the frequent exposure, to about a table-spoonful of fine-flavoured essence, and very pungent.

619. *Vinegar in Balls.*

TAKE bramble-berries when about half ripe, dry them, and then beat them to powder, make it up into balls with strong vinegar, as large as nuts, dry them very well and keep them in boxes, when wanted for use, dissolve a ball in some stale ginger beer, or vinegar that is not so sour and good as you wish and it will become strong vinegar.

Green bramble-berries put into good sherbet or wine will make good vinegar in a few hours.

620. *Common Vinegar.*

DISSOLVE two pounds of molasses in nine quarts of water, pour it into a vessel with half a peck of cowslip pips, when cool add yeast, expose it to the rays of the sun and in three months bottle it for use.

621. *Walnut Catsup.*

WIPE a hundred walnuts when fit to pickle, slice and pound them in a mortar with three quarters of a pound of bay-salt; boil two quarts of good gooseberry vinegar and pour it upon them, let it stand two days, then strain it off and bottle it, put a clove of garlic into every bottle; a quart more vinegar may be poured over the walnuts after the first is drawn off; it will serve for present use if well stirred.

622. *Mushroom Catsup.*

TAKE two gallons of mushrooms (the larger the better) mash them into an earthen pan, and stew the whole with salt, stir them frequently for two days, then let them stand for nine days. Strain and boil the liquor with the addition of mace, ginger, cloves, mustard-seed, and whole pepper, with a little allspice. When perfectly cold pour it into bottles, and cork them closely; in three months boil it again, and it will then keep a long time.

General Observations on Pickles.

STONE jars are the best for hot pickles as they are not so porous as the common earthen vessels.

Always keep pickles well covered with vinegar, and the jars well closed.

When necessary to boil vinegar do it in a stone jar on a hot stove or in a pan of water on the fire.

A wooden spoon with holes in should be used for pickles, they ought never to be taken out with a fork or the fingers; and *pieces* of pickle such as cucumber, mangoes, &c., should never be returned into the jar to the stock, but be kept separate in a small jar.

The best common vinegar may in most cases be used for pickling, the sugar vinegar and gooseberry vinegar are also both very proper for pickling when well made.

C H E E S E, &c.

623. *To make a Cream Cheese.*

TAKE one quart of good cream and three quarts of new milk, put into it a spoonful of §rennet and as much warm water as will make it new milk warm, when come, do not break it but put it into a straw or rush vat, as it settles put in more, do not press it but let the whey run from it, in twelve hours turn it on a new bottom, but do not take it out of two days, then strew a little salt on both sides, turn it twice a day and keep wiping it dry, and as soon as it will stand set it on an edge in a dry room before a window to have air, it will be fit for use in ten days: it should not be put into a cloth.

624. *York Cream Cheese.*

To a quart of thick cream taken out of the cream-pot, put two quarts of new milk and a little salt, let it stand a day or two to thicken stirring it sometimes ;

§ In Barbary.--instead of rennet especially in the summer-season, they turn the milk with the flowers of the great-headed histle, or wild artichoke.

then pour it into a clean wet cloth laid in a sieve, let it drain till the next day, then turn it into a clean wet cloth, and afterwards into a clean dry cloth once or twice every day till dry enough for use, which will be in about ten or eleven days. After the first two or three days lay it in a cloth on a board instead of a sieve.

625. *Cream Cheese.*

BOIL two quarts of cream, put it to four quarts of new milk, the yolks of three eggs, three spoonfuls of sugar and as much rennet as will turn it, mix all together and run it through a clean hair sieve; when turned to curd, take it into a cheese vat that will hold it all at once, lay a sinker (a board that will fit within the vat) upon it, and a weight upon that, let it stand till the next day, changing the cloth several times and drawing it tighter each time, till it will go into a smaller vat. Turn it into clean cloths every day till ready for eating.

The cloths should be very thin at the first.

626. *Another Way.*

TAKE five quarts of new milk, put to it a quart of cream and a quart of water boiled separately, add two yolks of eggs well-beaten, a table-spoonful of sugar, and as much rennet as will turn it, lay a thin cloth in a sieve and pour it in: change the cloths four or

five times, then lay the cheese in clean grass or rushes under and over changing it twice a day; put a clean hot flannel twice a day over the grass.

626. *To make Cheese to eat new.*

TAKE six quarts of new milk turn it with a little rennet and let it stand till it is a light curd, do not break it but take it up in a dish and lay it in a cloth in a sieve, then cover it with the cloth and lay a board to fit within the sieve; lay a pound weight upon it, and turn it into a dry cloth twice a day till all the whey is drained from it, then have boards to turn it upon and keep wiping it often, till ready for use.

627. *Fresh Cheese.*

SWEETEN some new milk to the taste, grate in a little nutmeg, and add a very little salt, a little rennet, enough to turn it to a very soft curd. It must be made in the dish in which it is to be sent to table after being drained through a thin cloth laid in a hair sieve.

628. *To make a Cream Cheese in straw vats.*

TAKE one quart of cream, two quarts of good new milk and a glass of sherbet, put in one spoonful of rennet; add as much warm water as will make it as warm as new milk; when the curd is formed, do not break it, but put it in a straw vat without any

cloth, and as the whey runs from it, keep adding more, but do not press it, in twelve hours turn it on a new bottom, let it stand two days and it will be hard; strew a little salt on both sides and turn it twice a day, wiping it every time; as soon as it will stand on an edge set it up, and keep it in a dry room before a window to have air, and it will be ready for eating in ten days.

629. *Cream Cheese.*

To four quarts of new milk put two of cream, mix them together when cold, add as much boiling water as will make it new-milk warm, when sufficiently curdled lay a thin wet cloth in a vat, then put in the curd with a dish, lay a board on that will go within the vat, lay on it a ten pound weight and let it drain fourteen hours; then take it out and if too thick to dry soon cut it in two with a string of packthread and dry the parts separately. Do not put in any salt.

This is the famous Mrs. North's Cheese which she made for King George the Second.

630. *Stewed Cheese.*

To a pint of water take four middling-sized onions, three ounces of butter, pepper and salt. Stew them till the onions are quite enough, then shred in quarter of a pound of good old cheese, but not faded, keep stir-

ring it about one minute after the cheese is put in; have bread ready toasted on a dish and pour it over.

631. *Roasted Cheese.*

GRATE three ounces of rich Cheshire cheese, mix it with the yolks of two eggs, four ounces of grated bread, and three ounces of butter; beat the whole well in a mortar, with a dessert spoonful of mustard, and a little salt and pepper: toast some bread and cut it into proper pieces, lay the mixture thick upon them, and set them in a Dutch oven before the fire covered with a dish till hot through, then remove the dish and let the cheese brown a little. Serve as hot as possible.

632. *Cheese Toast.*

Mix some fresh butter, made mustard, and salt into a mass; spread it on fresh-made thin toast; and grate or scrape Gloucester cheese upon it.

633. *Potted Cheese.*

BEAT some of the best old Cheshire cheese in a mortar with some good fresh butter, in the proportion of quarter of a pound to a pound and half of cheese, a glass of sherbet, a little mace beaten and sifted; mix it well, pot it and pour over it clarified butter.

Cayenne pepper may be added.

634. *To dress Macaroni with Parmesan Cheese.*

BOIL four ounces of macaroni till it be quite tender, lay it on a sieve to drain; then put it in a pan, with about a gill of good cream, a lump of butter rolled in flour, boil it five minutes, pour it on a plate, lay all over it Parmesan cheese toasted; send it to the table on a water-plate, for it soon goes cold.

635. *Welsh Rabbit.*

TOAST a slice of bread on both sides, and butter it; toast a slice of cheese on one side, and lay that next the bread, and toast the other with a salamander; rub mustard over, and serve very hot, and covered.

636. *A Scotch Rabbit.*

TOAST a slice of bread on both sides of a fine light brown, butter it, toast a slice of cheese on both sides and lay it on the bread.

637. *A Ramakin.*

TAKE an equal quantity of Cheshire and Gloucester cheese, beat it fine with some fresh butter (two ounces to half a pound of cheese), then add the crumb of white bread soaked in cream, three well-beaten yolks of eggs and one white, stir all toge-

ther, and bake it in the dish you intend to serve it in; quarter of an hour in a moderate oven.

638. *Sweet Egg Cheese.*

BOIL three quarts of milk with a pint of cream, loaf-sugar, cinnamon, cloves, mace, coriander-seed and lemon-peel, let it taste well of spice, strain it through a sieve, beat eight eggs with the juice of three lemons and one orange, put them in the milk pretty hot, stir it on the fire till it come to curds, cool it, drain the whey from the curds, put the curds close in a mould for the purpose, drain it two hours, pour a cream over it in the dish and serve it up. To make the cream, put three whites of eggs beaten to a froth into a stew-pan, add sugar, lemon-peel, cinnamon and a pint of cream, stir it over the fire till it boils, take out the spice, &c.

639. *To keep Cream.*

MIX with any quantity of good cream, half the weight of finely powdered lump sugar, stir it together, and preserve it in bottles well corked. It will then keep very good for six or eight months.

640. *To preserve Butter.*

TAKE two parts of the best common salt, one part of good loaf sugar, and one part of saltpetre, beat them well together. To sixteen ounces of butter

thoroughly cleansed from the milk, put one ounce of this composition, work it well, and pot it down.

The butter thus preserved is the better for keeping, and should not be used in less than a month. This article should be kept from the air, in the best glazed earthen pots, that will hold from ten to fourteen pounds each.

641. *To prevent Milk and Butter from tasting of Turnips.*

Pour a quart of boiling water to two ounces of nitre, when dissolved and cold put it in a bottle, or jug with a cover and keep it for use; put in two large spoonfuls to every four gallons of milk immediately when brought in, stirring it well. This method if regularly and constantly attended to, will effectually prevent both milk and butter from tasting either of turnip, cabbage, or any strong herb the cows may accidentally crop at any time. A little nitre about the size of a walnut may also be put in the cream pot, stirring it well twice a day.

642. *To purify rancid or tainted Butter.*

MELT and skim the butter as if for clarifying, then put in a piece of well-toasted bread. In a very few minutes the butter will lose its offensive taste and smell, but the bread will become quite fetid.

643. *To make Salt Butter fresh.*

To every pound of butter allow a quart of new milk, put them in a churn with a little arnatto; churn them well together, and in about an hour, take out the butter and treat it exactly as fresh butter, by washing it in water and adding the usual quantity of salt. By this process, the butter gains about three ounces in the pound and is equal to fresh butter. A common earthen churn will answer the purpose as well as a larger wooden one.

644. *To preserve Eggs.*

VARNISH them with gum-arabic, and then imbed them in pounded charcoal. The gum arabic is preferable to varnish, because it is readily removed by washing in water; and the charcoal is essential for maintaining a uniformity of temperature round the eggs, in transporting them through different climates. See No. 104.

CREAMS, FLUMMERY, &c.

645. *Gooseberry Cream.*

BOIL one quart of gooseberries very quick, with just as much water as will cover them, stir in half an ounce of fresh butter; when soft, pulp them through a sieve, sweeten the pulp while hot with good sugar, then beat it up with the yolks of four eggs, serve it in a dish, cups or glasses. Good cream may be used instead of yolks of eggs.

646. *Raspberry Cream.*

MASH the fruit gently and let it drain through a sieve sprinkling a little sugar on the fruit which will make it produce more juice, then put the juice to some cream and sweeten it, then a little milk may be added, but the cream must be put in first or the milk will curdle. It may be made from jam or jelly when the fresh fruit cannot be obtained. If made with jam put six ounces to a pint of cream, pulp it through a sieve and add the juice of a lemon, whisk it in a shallow dish; lay the froth on a sieve adding a little more lemon-juice; when no more froth

will rise, put the cream in a dish or glasses, and heap on the froth.

Strawberry cream may be made the same way.

647. *Stone Cream.*

PUT in the dish for the table three spoonfuls of lemon-juice with a little of the peel grated, some apricot or any other sweetmeat chopped small, then take a pint of good cream with a little isinglass and some sugar, boil it till the isinglass is dissolved, then strain it into a jug with a spout, when about the heat of new milk pour it over your sweetmeats round and round in the dish till it be all in. — It should be made some hours before wanted.

648. *Lemon Cream.*

TAKE a pint of good cream, add to it two well-beaten yolks of eggs, four ounces of fine sugar and the thin rind of a lemon; boil it up and stir it till almost cold, put the juice of a lemon in a dish or bowl, and pour the cream upon it, stirring it till quite cold. Serve in cups or glasses.

649. *Lemon Cream frothed.*

SWEETEN a pint of cream with loaf-sugar, put in the rind of a lemon, set it over the fire and just let it boil, strain the juice of a large lemon into a small

deep china or glass dish, when the cream is nearly cold, put it into a tea-pot and pour it upon the juice holding the tea-pot as high as possible. Let it remain in the same dish.

650. *Snow Cream.*

To a pint of cream, add the whites of two new-laid eggs well-beaten, a little sherbet and sugar to the taste, whip it to a froth and serve it in a dish or lay it on custard or trifle.

651. *Barley Cream.*

TAKE quarter of a pound of French barley, boil it in three or four waters, till it be tender; then set a pint of cream on the fire with some mace and nutmeg; when it begins to boil, drain out the barley from the water, put in the cream, and let it boil till it be rather thick and tender; then season it with sugar and salt. When it is cold serve it up. Two eggs and a little rose-water may be added.

652. *Clouted Cream.*

TAKE a gill of new milk, and set it on the fire, six spoonfuls of rose-water, and four or five pieces of mace, put the mace on a thread; when it boils, put to them the yolks of two eggs well-beaten, stir these very well together; then take a quart of good cream, put it to the rest, and stir it

together, but do not let it boil after the cream is in. Pour it out of the pan you boil it in, and let it stand all night; the next day take the top off it, and serve it up.

653. *Codlin Cream.*

PARE and core some good codlins; beat them in a mortar, with a pint of cream; strain it into a dish; and put sugar, bread-crumbs, and a glass of sherbet to it. Stir it well.

654. *Almond Cream.*

BEAT two ounces of sweet almonds and a few bitter ones in a mortar, with a tea-spoonful of water to prevent oiling; put the paste to a pint of cream, and add the juice of two lemons sweetened, beat it up with a whisk to a froth, lay the froth on the bottom of a sieve as it rises, then pour the cream into glasses and the froth on the top.

655. *Devonshire Cream.*

PUT warm milk into a bowl; turn it with a little rennet, then put some scalded cream, sugar, and cinnamon on the top, without breaking the curd.

656. *Lemon Honeycomb.*

SWEETEN the juice of a lemon to the taste, and put it in a glass or china dish ; mix the white of an egg that is beaten with a pint of good cream, the rind of a lemon, and a little sugar ; whisk it, and as the froth rises, put it on the lemon-juice. Do it the day before it is to be used.

657. *To make Lemon solid.*

GRATE the peel of a large lemon against the sugar into a china dish and strain the juice upon it, boil a pint of thick cream, sweeten it to your taste and pour it hot upon the lemon but do not stir it,—when cold ornament with sweetmeat, this quantity will only be sufficient for a small dish.

658. *Gooseberry Fool.*

PUT green gooseberries into an earthen pot, and set it in a pan of water ; let them simmer till they are quite soft, then pulp them through a colander, add sugar to the taste ; when nearly cold, mix the pulp with about an equal quantity of cream and milk.

Apple fool may be made the same way.

659. *Gooseberry Fool.*

PUT any quantity of gooseberries when young into a saucepan with cold water, set them on a moderate fire till they begin to soften, then drain the water from them through a colander, and pulp them through a coarse sieve with a wooden spoon, sweeten the pulp, and let it stand till nearly cold, then add milk and cream, or yolks of eggs beaten and put to the milk, about two to a pint, (instead of cream,) stirred on a slow fire till it begins to simmer; then pour it to the gooseberries by degrees: let it be cold before it is used.

660. *An Italian Cheese.*

TAKE one pint of cream, and a tea-cupful of sherbet; sweeten it to the taste, whisk it up and put it into a hair sieve with a piece of muslin over to drain till next day, turn it out into a dish, strew it over with candied lemon shred fine, or almonds blanchéd and split.

661. *Biscuit Trifle.*

SOAK sponge biscuits in sherbet till they will absorb no more, lay them in a dish, and pour round a custard, or cream, sugar and lemon-juice, well whiskéd; just before the trifle is served, sprinkle over it some

nonpareil comfits, or stick a few blanched split almonds into it.

Macaroons or ratafias may be used instead of biscuits.

662. *Gooseberry or Apple Trifle.*

SCALD any quantity of either of these fruits as much as will make a thick layer at the bottom of a dish, when pulped through a sieve, if of apples mix the rind of half a lemon grated fine; add sugar to the taste. Mix half a pint of milk, half a pint of cream, and the yolk of one egg; give it a scald over the fire and stir it all the time but do not let it boil; add a little sugar and let it stand till cold: lay it over the apples with a spoon, and then a whip made the day before as for other trifle.

663. *A Froth to set on Trifle or Custard.*

SWEETEN half a pound of the pulp of damsons or any other scalded fruit, put to it the whites of four eggs well-beaten; beat the pulp with them until it will stand very high; put it on the trifle, &c. with a spoon, it will take any form, and should be rough to imitate a rock.

664. *Orange Butter.*

BOIL six eggs hard, beat them in a mortar with two ounces of fine sugar, three ounces of butter, and

two ounces of sweet almonds blanched and beaten to a paste : moisten with orange-flower water, and when all is mixed, rub it through a colander on a dish and serve biscuits or ratafia drops between.

665. *Preserves with Cream.*

TO a pound of raspberry, gooseberry, or any other jam, mix in a pint of good cream, or a little more according to taste. If cream cannot be procured, new milk thickened over the fire, without letting it boil, with a spoonful of rice flour, or half a spoonful and the yolks of two eggs, will be a very good substitute for it. This is, either way, a very simple pleasant dish.

666. *A Floating Island.*

TAKE the whites of four new-laid eggs and a little currant-jelly, put them in a large basin and beat them till they be very much frothed, then pour a little strong balm-tea upon a pint of cream, and put in as much rennet as will make it thick in the dish, lay the froth on and strew small comfits on the top.

667. *Flummery.*

SIMMER two ounces of isinglass in a quart of new milk half an hour, then add a pint of cream, one ounce of bitter almonds blanched and bruised a little

or a few laurel-leaves, and cinnamon, stir it on a slow fire twenty minutes, add sugar to the taste, stir it till nearly cold; let it stand to settle, then clear it off into moulds.

Or take one ounce of isinglass to a quart of cream, simmer them with two ounces of sweet almonds and one of bitter blanch'd and bruised a little, sweeten and put in a very little fresh butter, keep it stirring till it boils then strain it, and stir it till almost cold, then pour it into cups.

668. *Dutch Flummery.*

Pour three quarters of a pint of boiling water over an ounce of isinglass, and set it by till the next day. Then add to it the yolks of four eggs well-beaten, half a pint of sherbet, lemon-juice, and loaf sugar to the taste. Set all together over a brisk fire, till the isinglass is dissolved, stirring it all the time, then strain it through a fine sieve into moulds, wetting the moulds. Boil some of the rind of the lemon pared thin, with the other ingredients.

669. *Blanc-mange.*

Put an ounce of isinglass into a basin with boiling water enough just to cover it, let it stand till the next day. Then add to it a pint of cream, two spoonfuls of orange-flower water, and fine sugar to the taste: boil it all together till the isinglass is dissolved, and strain it through a fine sieve, and

when settled pour it into moulds. The moulds must be dipped in cold water before the blanc-mange is put in, or it will not turn out. Bitter almonds may be used instead of orange-flower water.

670. *French Flummery.*

DISSOLVE an ounce of isinglass in a quart of cream, let it boil gently over a slow fire quarter of an hour, stirring it all the time; then take it off and sweeten it, put in a spoonful of rose water, and another of orange-flower water, strain it, and pour it into a glass or basin; when cold, turn it out.

671. *Green Blanc-Mange.*

DISSOLVE two ounces of isinglass in boiling water and put to it two ounces of sweet and one ounce of bitter almonds, and as much juice of spinach as will make it green, set it over a slow fire till it almost boil, then strain it through a gauze sieve; when it grows thick, pour it into a mould, and the next day turn it out.

672. *Whipt Syllabubs.*

PUT a pint of cream into a large jug, add to it half a pint of sherbet, lemon-juice, and sugar to the taste. Mill them well together with a chocolate mill, or froth it with a syringe, and as the froth keeps

rising take it off with a spoon and put it into the syllabub glasses.

They should be made the day before they are to be used. They are very nice in the summer-time made with red-currant-juice, instead of lemon juice.

673. *A Lemon Syllabub.*

RUB quarter of a pound of loaf sugar in one piece on the rind of two lemons till you have got all the essence out of them. Then put the sugar into a pint of cream and a gill of sherbet, squeeze in the juice of both the lemons, and let it stand for two hours. Then whip it with a whisk, or mill it with a chocolate-mill, and as the froth rises take it off, and put it on a sieve to drain. Let it stand all night, then put the clear into the glasses, and with a spoon put on the froth as high as it will bear it.

674. *To make Ivory Jelly.*

TO six ounces of ivory powder put three full pints of water, cover the jar and set it in a moderate oven till reduced nearly one half; then strain it, and either let it stand to be cold and set, or immediately put it in a pan and set it on the fire, with nearly half a pint of sherbet, the rind of a lemon pared very thin, the juice of two or more lemons according to the size, and sugar to the taste; when near boiling, stir in the whites of four new-laid eggs well-beaten,

let it boil five minutes, then run it through a flannel jelly-bag dipped in hot water and wrung quite dry. The flavor may be varied by adding two table-spoonfuls of orange-flower water, or using Seville oranges instead of lemons, or a mixture of both.

Hartshorn jelly may, be made in the same way.

675. *Isinglass Jelly.*

DISSOLVE two ounces of isinglass in a quart of water, strain it through a lawn sieve and let it stand till cold, then clear it from the sediment, and put it in a saucepan with the rind of a lemon pared very thin, the juice of oranges and lemons, and sugar according to the taste; add half a pint of sherbet, and clear it with the whites of eggs as before, the shells may also be broken and added; when it has boiled about five minutes, put in half a tea-cupful of cold water, and let it boil five minutes longer, then run it through a flannel jelly-bag, returning it into the bag till it runs clear.

676. *Spanish Rice Jelly.*

BOIL a pint of thick cream with a stick of cinnamon, let it stand to cool, then strain and set it on the fire with three ounces or three spoonfuls of rice-flour sifted through a lawn sieve, the whites of three eggs well-beaten, sugar to the taste, and a little rose-water, boil it till about the thickness of hasty

pudding, wet six cups or glasses with rose-water and pour it in, when cold, turn it out on a dish and serve it up.

677. *Cranberry and Rice Jelly.*

BOIL and press the fruit, strain the juice, and mix into it by degrees as much ground rice as will, when boiled, thicken to a jelly, boil it gently, stirring it, and sweeten to the taste, put it in a basin or mould and turn it out; serve it with milk or cream.

678. *To make Irish Butter.*

DISSOLVE an ounce and a half of isinglass in three quarters of a pint of water, strain it, and add to it a pint and a half of cream, the whites of three eggs well-beaten, a very little saffron to colour it steeped in two table-spoonfuls of orange-flower water and strained, and sugar to the taste: boil it quarter of an hour, then strain it through a lawn sieve, either into a mould to turn out, or into a basin to be cut out in slices or any other form. The mould should be dipped in cold water and the butter should be covered close till nearly cold.

679. *Lemon Cheese.*

TAKE a quart of thick cream and half a pint of sherbet, grate into it the rinds of two lemons, then

add the juice of the lemons strained, and sugar to the taste; whisk it twenty minutes, then lay a thin cloth in a sieve and pour it in, the next day turn it carefully out of the cloth and garnish it with candied lemon sliced thin or nonpareil cōmfits.

680. *Arrow-root Jelly.*

PUT half a pint of water on the fire with a glass of sherbet, a little grated rind of a lemon and the juice strained, fine sugar to the taste; let it boil, then pour it by degrees upon a dessert-spoonful of arrow-root previously mixed smooth with two spoonfuls of cold water, stir it well and return it into the pan and let it boil three minutes.

Saloop powder may be prepared the same way.

681. *Turkish Yourt.*

LET a small quantity of milk stand till it be sour, then put a sufficient quantity of it into new milk, to turn it to a soft curd. This may be eaten with sugar only, or both this and the fresh cheese are good eaten with strawberries and raspberries, as cream, or with sweetmeat of any sort.

682. *Seville Orange, or Lemon Posset.*

SQUEEZE Seville orange or lemon-juice into a glass dish, or mix them together, if preferred, and

sweeten it well with fine sugar. Then take cream, and warm it well over the fire with a bit of lemon-peel, but not to boil, put it into a tea-pot and pour it into the juice, holding the tea-pot up very high, that it may froth and curdle the better. Instead of cream, milk thickened with one or two yolks of eggs may be used if more convenient.

683. *Orange Posset.*

GRATE some crumbs of bread and put them into a pint of water, with half the peel of a Seville orange grated, or sugar rubbed upon it to take out the essence. Boil all together till it look thick and clear, and sweeten to the taste.

MISCELLANEOUS.

684. *Sowins.*

Mix five pounds of oat-meal with one quart of butter-milk and five quarts of luke-warm water. Cover it and place it at a little distance from the fire. Let it stand thirty-six hours, then pour off the liquid and add more water, repeating the latter operation two succeeding days. Put some of the thick part into a hair sieve adding plenty of water and knocking the sieve with the hand to make the finer particles of the meal pass through, leaving the coarser part.—Again let it stand eight or ten hours then pour the liquid off, and put the remainder into an untinned iron pan with a little salt, adding water to make it about the thickness of good melted butter. Stir it constantly while on the fire and let it boil until it becomes smooth.

685. *Oatmeal Flummery.*

To three pints of water, put one pint of bruised groats let it stand for two or three hours, then pour off the water, and put as much fresh water on as before,

stirring it up well, let it stand four hours, then drain it through a hair sieve, or cloth, boil it, and keep stirring it all the while, put into it a little water now and then as it boils; when it begins to boil, drop a little on a plate, and if it do not stick to the plate, it is enough.

686. *Currant Gruel.*

MAKE a quart of water-gruel, strain, then boil it a few minutes with two table-spoonfuls of currants till they are quite plump, add some nutmeg, sugar, and a glass of sherbet.

687. *Barley Water.*

TO two quarts of water, put two ounces of pearl barley; when it boils, strain it very clean, then put fresh water to it with a bit of lemon-peel, and let it boil till reduced nearly one half, then strain it off and add lemon-juice or sherbet with sugar to the taste.

It is very good made with common barley, and is less apt to nauseate than the pearl barley.

688. *Tapioca Jelly.*

WASH the tapioca in three or four waters, then soak it in fresh water five or six hours, and simmer it in the same till it be quite clear; add lemon-juice and sugar, or a little sherbet.

689. *Coffee Milk.*

BOIL a dessert-spoonful of ground coffee in nearly a pint of milk, quarter of an hour; then put into it a shaving or two of isinglass, and clear it; let it boil a few minutes, and set it on the side of the fire to fine.

690. *Devonshire White Pot.*

To a pint of cream put four eggs, beaten with a little salt, some grated nutmeg, or a little cinnamon, and some sugar; then slice very thin the crumb of a penny-loaf, put it into a dish, pour the cream and eggs to it; a handful of jar raisins boiled, and a little fresh butter: bake it.

691. *To mull Milk.*

BOIL a quart of new milk five minutes with a stick of cinnamon, nutmeg, and sugar to the taste, then take it off the fire and let it stand to cool, beat the yolks of five eggs very well adding to them a little cold cream, then pour the milk gradually upon the egg and cream, stirring it all the time, return it into the pan, and stir it on the fire till it thickens but not to boil, then pour it from one jug to another the same as mulled beer and it will be ready for use. Serve it up with dry toast or biscuit.

692. *To mull Sherbet.*

SET a pint of sherbet on the fire, beat three eggs very well adding a little cold water; when it boils, pour it by degrees upon the egg stirring it, then return it into the pan, stirring it on the fire about a minute, but do not let it boil; strain and serve it with toast. It is very good made with half ginger beer, or one-third water. Sugar and grated nutmeg to the taste.

693. *A Substitute for White wine Whey.*

SET half a pint of milk on the fire, the moment it boils pour in half a pint of sherbet, let it boil up, then set the saucepan aside till the curd subsides, do not stir it; when it looks tolerably clear add near a pint of boiling water, let it stand a little longer, then strain it through a lawn sieve or muslin and it will be ready for use. A little sugar may be added.

694. *Vinegar, or Lemon Whey.*

POUR into boiling milk as much vinegar or lemon-juice as will make a small quantity quite clear, dilute with hot water to an agreeable sharp acid; add a bit or two of loaf sugar.

695. *Gloucester Jelly.*

TAKE rice, sago and pearl barley, of each an ounce, wash them very well in warm water, add one ounce of hartshorn shavings and one ounce of eringo-root, simmer the whole with three pints of water till reduced to one, and strain it. When cold it will be a jelly; which may be taken dissolved in milk or sherbet, a large spoonful at once several times a day.

696. *Isinglass Jelly.*

BOIL an ounce of isinglass, forty Jamaica pepper corns, and a bit of brown crust of bread in a quart of water to a pint, then strain it. This is a pleasant nutritious jelly; a large spoonful may be taken at any time in sherbet and water, milk, or tea. Sugar may be added.

697. *Mucilage of Rice.*

BOIL two ounces of fine rice flour with quarter of a pound of loaf sugar in a pint of water till like a clear jelly, strain it through a thin cloth; let it remain till cold, it affords a pleasant and nourishing jelly.

A little cinnamon may be boiled in it if approved.

698. *Macaroon Rice.*

PUT a pound of rice into five pints of cold water, boil it gently for two hours, when it will be of the consistence of thick paste; then add two pints of milk, and two ounces of strong Cheshire cheese, grated fine, season it with pepper and salt. Boil it gently another hour. It will produce eight pounds of good wholesome food.

799. *Savoury Rice.*

PUT one pound of rice into three quarts of boiling water, let it boil twenty minutes, then skim the water, and add one ounce of butter, a little salt, and spices; let it simmer gently on the fire, closely covered an hour and a quarter and it will be ready to serve.

700. *A mixture of Rice and Scotch Barley.*

TO one pound of rice and one pound of barley, put two gallons of water, let them boil over a slow fire four hours; before it be taken off the fire, add four ounces of sugar and one of salt.

701. *Rice Milk.*

WASH and pick half a pound of rice very clean, soak it twelve hours in cold water, then pour off the water and set the rice on the fire with three quarts of

milk, and a little cinnamon stirring it frequently, when sufficiently boiled, mix a spoonful of wheat or rice flour with a little water and stir it well in; add sugar and salt to the taste.

702. *Rice Milk.*

TAKE half a pound of rice, boil it in a quart of water, with a little cinnamon; let it boil till the water be all wasted, taking care that it does not burn. Then add three pints of milk, a little salt and the yolk of an egg beaten fine, and keep stirring it while you put them in. When it boils, pour it out, and sweeten it to your taste.

703. *Rice Milk the French way.*

AFTER washing the rice well, set it over the fire half an hour with a little water, then add by degrees some warm milk till it be sufficiently tender and of a proper thickness; let it do very slowly. Add salt and sugar to the taste.

704. *Panada.*

PUT a large piece of crumb of bread into a saucepan, with a quart of water and a blade of mace, let it boil two minutes, then take out the bread and bruise it very fine in a basin: mix as much water as you think it will require, pour away the rest, and sweeten it to your palate. Put in a piece of butter as big as a walnut, and grate in a little nutmeg.

705. *Panada, made in five minutes.*

SET a little water on the fire with a glass of sherbet, some sugar, a little nutmeg or cinnamon and lemon-peel, the moment it boils up, put in some grated crumbs of bread, letting it boil as fast as possible; when of a proper thickness just to drink, take it off. Panada may also be made by boiling a bit of lemon-peel in water, adding bread crumbs as before, and when nearly boiled enough put in some orange or lemon-syrup.

All the ingredients must be boiled, for if any be added afterwards the panada will not jelly.

706. *Ground Rice Milk.*

SET a pint of new milk on the fire with a little cinnamon and when scalding hot (not boiling) stir in a large spoonful of ground rice previously mixed smooth with two or three spoonfuls of new milk; keep stirring it on the fire till it thickens, but do not let it boil. Add a very little salt, and sugar if preferred.

707. *Millet Milk.*

WASH three spoonfuls of millet-seed in lukewarm water, then put it in a quart of new milk with a very little salt; let it stew gently till it becomes moderately thick. Add sugar if you please.

708. *Sago with Milk.*

PREPARE a large spoonful of sago by washing it well, then soaking it in cold water an hour, pour off the water, then add a pint and a half of new milk, simmer till reduced to a pint. Sugar or salt may be added.

Tapioca may be prepared in the same way

709. *Saloop with Milk.*

SET a pint of milk on the fire, when near boiling, pour it upon a dessert-spoonful of saloop powder previously mixed smooth with cold water, pour the milk gently upon it stirring it constantly, return it into the pan and stir it on the fire a minute or two. The powder will mix better if the sugar be mixed with it previous to being moistened with water.

Arrow-root, and the patent sago powder may be prepared in a similar way.

710. *Milk Porridge.*

TO a pint and a half of new milk put half a pint of water, set it on the fire and when just ready to boil stir in about a dessert-spoonful of oatmeal and a little salt mixed with water; when it boils take it off the fire, and pour it into a basin either with or without bread. It is very good made with skimmed milk.

711. *French Milk Porridge.*

STIR three large spoonfuls of oatmeal into a quart of water, let it stand till clear, then pour off the water and add fresh water, stir it well and let it stand till the next day, then strain off the liquor through a fine sieve, set it on a clear brisk fire, adding about half the quantity of new milk by degrees as it warms, when ready to boil take it off the fire. A little salt may be added. This is very light and proper food for weak stomachs.

712. *Rice Gruel.*

WASH, and soak two large spoonfuls of rice in cold water an hour, pour off the water, and add a pint and quarter of new milk and a little cinnamon; stew it gently till the rice is sufficiently tender to pulp through a sieve, return the pulp and milk into the pan, with a very little salt and let it simmer on the fire ten minutes, if too thick add a little more milk or water very gradually, so as not to prevent it from simmering. It will then be ready for use, adding sugar to the taste.

713. *Water Gruel.*

MIX a large spoonful of oatmeal with cold water, stir it into a quart of boiling water, on the fire till it boils, let it boil up several times, then draw it a little off the fire where it will boil gently and not go

over, do not stir it any more and all the coarse part of the oatmeal will settle to the bottom, when it has boiled quarter of an hour or more, take off the scum and strain it. Do not put any salt in, unless intended to be eaten with butter and pepper. It is very good without any thing: sherbet, nutmeg and sugar may however be added if preferred. A mistaken idea very generally prevails that water gruel is not nourishing; it is, on the contrary, a light, cleansing, nourishing food, either in sickness or health, both for young and old.

714. *Groat Gruel.*

PICK some groats very clean, then boil them in spring water till quite tender and thick, then reduce it with boiling water to the consistence of gruel, let it boil up with some currants, add nutmeg and sugar to the taste, Sherbet or lemon-juice may be added if approved. Groats when *creed* are very good boiled up in milk with a little salt.

715. *Onion Gruel.*

SLICE an onion and boil it in plenty of water till tender, add a spoonful of oatmeal mixed with cold water, a lump of butter, some pepper and salt, let it boil a few minutes, and eat it with bread.

716. *Frumenty.*

TAKE some good wheat, just wet it a little, and put it in a coarse bag, beat it with a stick till the external husk will rub off, then wash it very well in five or six waters rubbing it in the hands till it is perfectly clear of the loose bran, then rub the pan you intend to boil it in with a little butter, to prevent the wheat from burning or sticking to the pan, then boil it in plenty of water till quite soft; when done enough put it in a clean earthen pot, and when cold it will be quite a jelly, in which state it is called in some parts of England *creed* or *creeled* wheat; it will keep several days. When to be prepared for eating, put as much of the wheat with milk, into a pan as will make it about the consistence of rice milk; stir it constantly with a wooden slice or spoon, mashing the wheat, as it is very liable to burn; when near boiling, stir in a small portion of flour, mixed smooth with a little milk; add pimento, sugar and salt to the taste, when it boils, it will be ready to serve. If preferred, the frumenty may be thickened with the yolks of eggs beaten with a little milk instead of flour, and instead of pimento, powdered cinnamon or grated nutmeg. Some currants or raisins washed and picked very clean put in is a great improvement. The boiled wheat is very good eaten warm with cold butter.

Scotch barley may be prepared in the same manner.

717. *Oatmeal Porridge, commonly called Water or Thick Porridge.*

SET some water on the fire, and when it boils, put in some salt, then with a slice stir in by degrees some oatmeal, which should be sprinkled in very carefully beating or stirring it all the time; when about the consistence of hasty pudding, and sufficiently boiled, pour it on plates. It is generally eaten with cold milk, buttermilk, treacle, or with cold butter.

This is excellent food.

718. *Bread Porridge for Infants.*

POUR boiling water on some thin slices of good light white bread, let it stand to cool, then drain off the water and bruise the bread very fine, mix it with as much new milk as will make it of a proper thickness; it may be warmed as wanted, but should not be boiled. For very young infants, half water and half new milk is the best to mix with the bread, then strain it through a coarse hair sieve. Sugar may be added but it is better without. Rusks, or French rolls are very nice for the purpose, when made of good sound flour. Where milk is too heavy for the stomach it may be made with water only; it should then be boiled.

719. *Oatmeal Porridge for Infants.*

SET two-thirds of a pint of milk on the fire, mix one-third of a pint of water with a spoonful of good oatmeal, stir it into the milk just before it boils, let it remain on the fire till near boiling, then pour it from one jug to another seven or eight times, which will incorporate the fine part of the meal with the milk; set it on the fire, and when again ready to boil, take it off and let it stand in the pan a little while to fine, then pour it carefully off leaving the brown husky part of the oatmeal at the bottom of the pan. A little salt may be added and sugar if approved. Equal quantities of barley-water or water-gruel and new milk is very good and proper food for very young infants.

720. *Flour Porridge for Infants.*

To two-thirds of new milk after it has stood five or six hours add one-third of spring water, set it on a clear fire and just before it boils, put in a spoonful of good flour and a little salt mixed smooth with a little water, stir it till near boiling, then pour it out, and it will be ready for use. Infant's food should never be warmed more than once after it is first made.

Milk, or a mixture of milk and water prepared with saloop-powder or arrow-root makes very nourishing food for infants, and is an agreeable change.

721. *Egg Porridge.*

SET a pint of spring water on a clear fire, mix a spoonful of good flour with the yolk of an egg and a little water, when the water nearly boils, pour in the batter stirring it till ready to boil, by which time it will be of a proper thickness, add a little salt and pour it into a basin to cool of itself without stirring.

722. *Floating Island of Apples.*

BAKE or scald eight or nine large apples; when cold, pare and pulp them through a sieve; beat this up with fine sugar, put to it the whites of four eggs that have been beaten with a little rose-water; mix it a little at a time, beat it till light, heap it on almond custard, or on jelly.

723. *Lemon Essence.*

RASP the lemons very thin, to quarter of a pound allow one pound of powdered loaf sugar, mix it well till it is all of a color and the rind well mixed, press it down as close as possible in a stone jar, tie a paper over it and a bladder over that, and in one month it will be fit for use.

724. *Lemon Drops.*

TAKE a pound of double-refined sugar, pound and sift it very fine, the yellow rind of two large lemons grated, and the whites of two eggs, beat them very well with the lemon-peel, then mix it with the sugar and drop it on papers, the size of half a crown, let them stand about ten minutes, then bake them in a very cool oven.

725. *Lemon Drops.*

GRATE three large lemons, with a large piece of double refined sugar; then scrape the sugar into a plate, add half a tea-spoonful of flour, mix well, and beat it into a light paste with the white of an egg. Drop it upon white paper; and put them into a moderate oven on a ten plate.

726. *Ratafia Drops.*

BLANCH and beat four ounces of bitter and two ounces of sweet almonds, a pound of sifted sugar, the whites of two eggs, a table-spoonful of flour, a little rose-water and sherbet, make them into balls and bake them on wafer paper.

727. *Raspberry Drops.*

BOIL some raspberries and take out the seeds and skins, to a pound of juice put a pound of sifted sugar and the whites of two eggs, beat the sugar and eggs together put in the juice by degrees, then beat them two hours with a whisk, drop them on writing paper lightly rubbed with butter let them stand in the sun or before a very slow fire till quite dry.

728. *Damson Drops.*

BAKE some damsons but not to break them, then skin and stone them, pulp them through a sieve, sift some common loaf sugar and mix as much with the pulp as will make it very stiff; drop it off the end of a knife on paper, put them in a stove to dry, when quite dry turn them on a sieve; wet the outside of the paper and they will come off very easily, put them in the stove again or a very cool oven till they are quite dry and hard: keep them in layers on paper in a box.

729. *Raspberry Drops.*

PICK out any bad raspberries that are among the fruit, weigh and boil what quantity you please, and when mashed and the liquor is wasted, put to it

sugar the weight of the fruit you first put into the pan, mix it well off the fire until perfectly dissolved, then put it on china plates and dry it in the sun. As soon as the top part dries, cut with the cover of a canister into small cakes, turn them on fresh plates, and when dry, put them in boxes with paper between each layer.

730. *Peppermint Drops.*

RUB a brass or block-tin saucepan with a little butter, then put in half a pound of loaf sugar bruised with four table-spoonfuls of water, let it boil briskly ten minutes, then stir in it a tea-spoonful of essence of peppermint and drop it on writing paper or pour it on plates rubbed with a little butter.

731. *Ginger Drops.*

BEAT two ounces of fresh candied orange in a mortar, with a little sugar, to a paste; then mix an ounce of powder of white ginger, with one pound of loaf sugar. Wet the sugar with a little water, and boil all together to a candy, and drop it on paper the size of mint drops.

732. *Candied Horehound.*

BOIL some horehound till the juice is extracted, then add to it sugar that has been previously boiled to a candy, stir it on the fire till it begins to grow thick, then pour it into a paper case dusted with fine sugar, and cut it into squares.

733. *Everton Toffy.*

WARM some butter in a saucepan, then put in brown sugar rolled smooth, about a pound and quarter of sugar to half a pound of butter, let it boil quarter of an hour, then pour it to about an inch thick into a tin warmed and rubbed with a little butter.

734. *Treacle Toffy.*

RUB your pan with a little butter, pour in your treacle, and let it boil about an hour, then pour it into basin warmed and rubbed over with butter, when cool roll it up in sticks and fold it in clean paper. Before it be poured out of the pan, a little essence of peppermint may be added.

735. *To dry Gooseberries.*

To four pounds of gooseberries add one pound of sugar, strew it over them and let them stand two or three days, then give them a boil, and let them stand two or three days longer, then boil them gently till

tender, put them in a sieve and pour boiling-water on them, drain them well and lay them in the sun to dry.

736. *A Dish of Snow.*

PUT six apples over the fire in cold water ; when they are soft, skin, and pulp them through a sieve, beat up the whites of six eggs to a froth, sift quarter of a pound of double-refined sugar and strew it in the eggs ; beat the pulp to a froth, then beat the whole together, till it be like stiff snow : heap it high on a china dish, and stick a piece of myrtle in the middle.

737. *To keep Lemon Juice.*

KEEP the fruit in a cool place two or three days, squeeze the juice into a basin, then strain it through muslin which will not permit the least pulp to pass. Have ready half and quarter ounce vials perfectly dry ; fill them with the juice so near the top as only to admit half a tea-spoonful of olive-oil into each ; or a little more, if for larger bottles. Cork the bottles, and set them upright in a cool place.

When you want lemon-juice, open such a sized bottle as you shall use in two or three days ; wind some clean cotton round a skewer, and dipping it in, the oil will be attracted ; and when all shall be removed, the juice will be as fine as when first bottled.

This will keep good for several years.

N. B. The yellow rind of the lemons may be grated off, salted and corked close in a bottle ; it will keep

three or four months, and is very useful to put in puddings, cakes, &c.

738. Cheap and valuable Substitute for Coffee.

THE flour of rye, and English yellow potatoes are found an excellent substitute for coffee. These ingredients are first boiled, then made into a cake, which is to be dried in an oven, and afterwards reduced to a powder, which will make a beverage very similar to coffee in its taste, as well as in other properties, and not in the least detrimental to health.

739. Substitute for Coffee.

TWO-THIRDS of good rye to one of wheat, roasted and prepared in the same way as coffee. A very little salt may be added when the coffee is made.

740. Substitutes for foreign Tea.

Sage, Balm, Peppermint and similar spicy plants, the flowers of Sweet Woodroof, Burnet or Pimpernel Rose, the leaves of Peach and Almond trees, the young leaves of Bilberry, Black Currant, and common Raspberry, the blossoms of Sloe-tree or Blackthorn, Red Sage, Wild Thyme, John's Wort, Agrimony, Meadow Sweet, Lavender, Rosemary, Will Marjoram, Wood Betony, Ground Ivy.

The whole or any of these herbs mixed according to the taste are very excellent as a substitute for tea, they should be gathered dry, and picked from the stalks then dried in the shade.

741. *Substitute for Tea.*

A proper admixture of agrimony, hyssop, sugar and milk, makes a beverage more palatable, more nutritious, more refreshing and more exhilarating than any foreign tea.

742. *To make Orgeat.*

BOIL two quarts of milk with a stick of cinnamon, let it stand till quite cold, blanch two ounces of the best sweet almonds and a dozen bitter ones, pound them together in a mortar with a little rose-water, then mix them well with the milk, and sugar to the taste, just give it a boil, then strain it through a fine lawn sieve, when quite smooth it will be ready for use. Serve it quite cold in glasses with handles. Great care should be taken that the almonds do not oil.

743. *Orgeat.*

To a pound of sweet almonds, allow one ounce of bitter almonds, blanch and beat them very fine in a marble mortar: mix with them gradually a pint of spring water, then strain through a lawn sieve, as dry as possible, add more water to the liquor till it be properly diluted, then sweeten it with capillaire, or very fine sugar powdered. It should be put in a decanter and shaken before it is poured out for use.

744. *Lemonade.*

SQUEEZE in the juice of as many lemons as will flavour two quarts of spring water pleasantly, put in a little of the rind pared very thin, loaf sugar to the taste, and the whites of three eggs beaten to a froth : set it over a clear fire, let it boil a few minutes, strain it through a jelly-bag ; and when cold it will be fit for use.

N. B. One yolk of egg may be added if agreeable.

Orangeade is made in the same way.

745. *Orangeade or Lemonade.*

SQUEEZE the juice of oranges or lemons, or both, pour boiling water on a little of the peel and cover it close, boil water and sugar to a thin syrup and skim it, when all are cold, mix the juice, infusion and syrup with as much more water as will make a rich sherbet, strain through a jelly-bag, or squeeze the juice and strain it : add water and capillaire.

746. *Lemonade.*

POUR some boiling water on the rind of lemon pared very thin, cover it close, when cold, add lemon-juice and sugar to the taste. More water may be added if required.

747. *Imperial.*

TO half an ounce of cream of tartar, add the juice of a lemon, and a little rind pared very thin; pour on them four pints of boiling water, stir it and cover it close; when cold, sweeten with loaf sugar; strain it and it will be fit for use. It is better to be used fresh and drank in moderation.

748. *Imperial or Pop.*

POUR two gallons of boiling water on one ounce of bruised ginger, one ounce of cream of tartar, the rind and juice of a large lemon, and a pound of loaf sugar; when cold add one large table-spoonful of good purified yeast, let it stand six hours, then strain it and put it in small stone bottles tying down the corks. It may be used the second or third day.

749. *A Pleasant Drink.*

POUR two table-spoonfuls of capillaire, and the same quantity of vinegar into a pint of cold water.

750. *Lemon Water, a delightful Drink.*

PUT two slices of lemon thinly pared into a tea-pot, with a bit of the peel, and a little sugar, or a large spoonful of capillaire; pour in a pint of boiling water, and stop it close two hours.

751. *Fresh Currant Water.*

SQUEEZE a quart of fresh currants through a sieve with your hands, put in two spoonfuls of powdered sugar, squeeze in a lemon, and fill it up with water. A very refreshing and delicious liquor may be made in the same way, from any kind of fruit.

752. *An excellent Receipt for Ginger Beer.*

To five gallons of water add four pounds of brown sugar, two ounces of ginger (bruised), and one ounce and a half of hops; boil all together half an hour, adding about a table-spoonful of salt when boiling; then strain it through a sieve: when nearly cold add two table-spoonfuls of good yeast, cover it and let it stand till the next day; then put it into a barrel or drink-pot, with two tea-spoonfuls of sugar highly browned in the oven but not burnt; let it work two days; then dissolve a small portion of isinglass in half a tea-cupful of warm water or beer, put it into the barrel, then close it up: — it will be ready to drink in a day or two.

If it be drawn off into clean dry stone bottles soon after it is tapped, the beer will keep fresher; provided the bottles be well corked.

753. *Treacle Beer.*

To eight quarts of boiling water put one pound of treacle, quarter of an ounce of ginger, and two bay or balm leaves : boil all together quarter of an hour, then cool, and add a little yeast ; the next day put it in a barrel and in two or three days draw it off into clean dry stone bottles and cork them well.

754. *To make the celebrated Eastern Beverage, called Sherbet.*

THIS liquor is a species of negus without the wine. It consists of water, lemon or orange juice, and sugar, in which are dissolved perfumed cakes, made of the best Damascus fruit, and containing also an infusion of some drops of rose-water : another kind is made of violets, honey, juice of raisins, &c. It is well calculated for assuaging thirst, as the acidity is agreeably blended with sweetness. It resembles, indeed, those fruits which we find so grateful when one is thirsty.

755. *Sherbet.*

TAKE nine Seville oranges and three lemons, grate off the yellow rinds, and put the raspings into a gallon of water, add three pounds of loaf sugar, boil it to a candy height, then take it off the fire, and put in the pulp of the above, and keep stirring it till it be almost cold, then put it in a bottle for use.

756. *To make Fine Sherbet.*

PARE four large lemons, and boil the peels in six quarts of water with a little ginger, boil them quarter of an hour, then add to it three pounds of sugar; when it is cold, put in the juice of the lemons and strain it, and it is fit for use.

757. *A Receipt to make Raspberry and Currant Sherbet.*

To four quarts of juice, add twelve quarts of water, and fifteen pounds of sugar, boil it briskly about half an hour, then pour it into a vessel to cool, reserving a little of the liquor to dissolve quarter of an ounce of isinglass. When cold, put it into a large drink-pot and the day following, put the isinglass in; cork it up, let it stand two months, and put some clay over the top of the cork to keep the air out, then clear it off, but if it be not sufficiently fine, put it a few times through a jelly bag; or clear it off into another vessel and let it stand two months longer before you bottle it, put your corks in very loose for about a fortnight, and then cork them fast. If you wish to make a thick syrup to mix with water, add three pounds more of sugar, one quart more of the juice, and one less of water, and boil it a little longer.

Any kind of sherbet may be made in the same manner.

758. *Cowslip Sherbet.*

To four gallons of water take twelve pounds of loaf-sugar, when near boiling, put in the whites of four eggs beaten to a froth to clear it, boil it half an hour taking off the scum as it rises; then pour it on a peck and a half of cowslips the rinds of eight lemons; boil the juice of the lemons with half a pound of loaf-sugar and put in; cover it and let it stand in a very cool place two days; then squeeze out the cowslips and strain it into a barrel or drink-pot, reserving a tea-cupful to dissolve quarter of an ounce of isinglass in, put it in the vessel and close it up. In three weeks bottle it.

N. B. The color and flavor of the sherbet will be much improved if the cowslips be cut taking a part of the cup as well as the flower, and leaving the hard substance at the bottom of the pip.

Primrose and rose sherbet may be made in the same way.

759. *Currant or Raspberry Sherbet.*

To every quart of juice squeezed and strained through a sieve, take three quarts of water boil them together, taking off the scum as it rises, when clear, strain it, and to every gallon of liquor put three pounds and a half of loaf-sugar, boil it half an hour, then pour it into a vessel till cold. Put it in a cask or drink-pot with quarter of an ounce of isinglass

dissolved in a little of the liquor to every three gallons; close it up and in two months clear it off into another vessel (if not fine enough to bottle) and close it up for another month or more if necessary.

Excellent sherbet may be made in the same way from Grapes.

760. *Raspberry Vinegar.*

BRUISE eight pounds of raspberries and pour on them three pints of good gooseberry or sugar vinegar; let them stand twenty-four hours, frequently stirring with a wooden spoon: put six pounds of loaf-sugar broken in large lumps into an earthen vessel and the fruit and vinegar into a jelly-bag, let it drop upon the sugar till all the juice is drained out, pressing it gently now and then. Pour the liquor into a preserving-pan and let it boil a little over a slow fire. When cold bottle it. When wanted for use, put two large spoonfuls in a tumbler of water, and if too sweet add a few drops of vinegar.

This is one of the most useful preparations that can be kept in a house, not only as affording a most pleasant and refreshing beverage, but being of singular efficacy in complaints of the chest.

A stone jar is the best to put it in on the fire set in a pan of water.

761. *China Orange juice.* A very useful thing to mix with water in Fevers, when the fresh fruit cannot be procured.

SQUEEZE from the finest fruit, a pint of juice strained through fine muslin and gently simmer with three quarters of a pound of double refined sugar twenty minutes : when cold put it in small bottles.

762. *Elder Syrup.*

PICK the berries from the stalks, put them in an earthen pot, cover them and set them in an oven till you think they are sufficiently stewed to extract the juice from them. To every pint of syrup add one pound of brown sugar, and boil it an hour, when cold bottle it, cork it up close, and set it in a cool dry place.

Blackberry syrup may be prepared in the same way.

763. *Syrup of Mulberries.*

BOIL some mulberries with very little water, strain it through a fine hair sieve, and to every quart of clear juice put one pound and a half of loaf-sugar; boil it to a syrup over a slow fire. When cold bottle it.

764. *Syrup of Cherries.*

STONE, and strip from the stalks any quantity of very ripe cherries and proceed as for mulberries.

Syrup from any kind of fruit may be made in the same way, adding sugar more or less, according to the sweetness or acidity of the fruit used.

765. *Syrup of Lemons.*

TAKE strained lemon-juice one pint, put it in a stone jar covered close, set it in a pan of boiling water quarter of an hour, when cold make it into a syrup with two pounds of loaf-sugar powdered, added gradually to the syrup, cover it close, shaking the jar frequently: strain it, and when cold bottle it.

766. *Syrup of Ginger.*

POUR five pints of boiling water on two ounces of prepared ginger, let it stand twenty-four hours; then strain it and add seven pounds of refined loaf-sugar powdered, boil it gently to a syrup.

967. *Syrup of Violets.*

POUR five pints of boiling water on two pounds of the fresh petals of blue violets in a glazed earthen vessel, cover it close and let it stand twenty-five hours, then strain, and add seven pounds of refined sugar.

768. *Syrup of Roses.*

POUR four pints of boiling water, on one pound of fresh rose-leaves, or half a pound of dried leaves, cover it close for twelve hours, then strain and add four pounds of good loaf-sugar; boil it to a syrup, and when cold, bottle it.

A table-spoonful or two of this syrup put into a little water with a little lemon-juice makes a very pleasant liquor. It is also a mild and agreeable purgative for children in the dose of a spoonful or half a spoonful.

769. *Syrup of Orange-peel.*

POUR three pints of boiling water on four ounces of the fresh rind of Seville oranges pared very thin, cover it close and let it stand twelve hours, strain and boil it to a syrup with five pounds of good loaf-sugar powdered.

770. *Syrup of Clove-gilliflowers.*

Pour three pints of boiling water on one pound of clove flowers cut off from the white part, let them stand twelve hours covered close, then strain and boil it gently to a syrup with five pounds and a half of refined sugar powdered.

Syrup of marigolds may be prepared the same way.

771. *Simple or Common Syrup.*

To fifteen ounces of double-refined sugar powdered, take eight ounces of pure water: let the sugar be dissolved by a gentle heat in the water, and boiled a little so as to form a syrup.

772. *Capillaire Syrup.*

Put four pounds of good loaf-sugar to three quarts of spring water, clarify it with the whites of three eggs well-beaten, and quarter of an ounce of isinglass; when cold add to it quarter of a pint of orange-flower water and a little syrup of cloves if approved. Put it in half pint bottles and cork them well.

772. Syrup of Cloves.

PUT quarter of a pound of cloves to a quart of boiling water, cover it close and set it on the fire, boil gently half an hour, then strain it, and to a pint of liquor add two pounds of loaf-sugar; clear it with the whites of two eggs beaten up with a little cold water, let it simmer till it is a strong syrup: preserve it in vials closely corked.

Cinnamon or mace syrup may be made in the same way.

774. Syrup of Vinegar.

TAKE of good vinegar two pounds and a half, refined sugar three pounds and a half; boil it gently to form a syrup. This is a very pleasant syrup and is often preferred to the lemon syrup.

775. Milk and Water.

PUT one-third of new milk to two-thirds of spring or distilled water; it is best to drink it cold, but if warmed, it should be by putting warm water to cold milk, and not warmer than new milk.

776. Toast and Water.

TOAST a small piece of white bread till very dry and brown, but do not burn it, put it immediately

into a jug of cold spring water, or distilled water, cover it with a plate and let it stand one hour before you use it.

777. Pearl or Common Barley Water.

SET an ounce of barley on the fire with half a pint of water, when hot strain it, return the barley into the pan with a quart of fresh water, simmer it an hour: if too thick add more water a little warm, as cold water would cool it too suddenly, and thus spoil it.

778. Whey.

TAKE a quart of new milk while warm, put in a little rennet to break it; let it stand in a moderately warm place till the whey looks clear, then put it through a thin cloth but do not press it that the whey may be the purer. If made with skimmed milk it should be warmed to the degree of new milk.

779. Apple Water.

CUT two large apples in slices and pour on a quart of boiling water cover it close; in two or three hours strain it and add a little sugar. — It is equally good made with roasted apples.

If parents and others who have the care of children cannot reconcile themselves to the giving them the most wholesome and salutary of all beverage, pure water, the above drinks will be found the best substitutes for it.

USEFUL FAMILY RECEIPTS.

780. *Refreshing Drinks in a Fever.*

Put a little tea-sage, two sprigs of balm, and a little wood-sorrel, into a stone-jug, having first washed and dried them; peel thin a small lemon, slice it and put a bit of the peel in; then pour in three pints of boiling water, sweeten, and cover it close.

Apple-tea is also excellent in fevers.

781. *Another most pleasant Drink.*

PUT a tea-cupful of cranberries into a cup of water, and mash them. In the mean time boil two quarts of water with one large spoonful of oatmeal, and a bit of lemon peel; then add the cranberries, and as much fine sugar as will leave a sharp flavour of the fruit, boil all for half an hour, and strain it off.

782. *Another Fever Drink.*

BOIL three ounces of currants, two of raisins carefully stoned, and an ounce and a half of tamarinds, in three pints of water, till reduced to a quart, strain it, put in a bit of lemon-peel, and let it stand an hour.

783. *Draught for a Cough.*

BEAT two fresh eggs, mix them with half a pint of new milk warmed, two table-spoonfuls of capillaire, the same quantity of rose-water, and a little nutmeg. Observe, it must not be warmed after the egg is added. Take it the first and last thing.

784. *An excellent Restorative.*

BOIL half an ounce of isinglass shavings with a quart of new milk, till reduced to a pint; add some sugar, and a bitter almond shred small. Take this at bed time, but not too warm.

785. *Seed Water.*

TAKE two spoonfuls of coriander seed and one of caraway seed, bruise them well and put them in a quart of boiling water, let it stand a little, then strain, and beat the yolks of two eggs and mix with the water, then add some sherbet and loaf-sugar.

786. *Marmalade.*

BEAT three ounces of Malaga raisins to a fine paste with the same quantity of sugar-candy, add half an ounce of the conserve of roses, twelve drops of oil of vitriol, and ten drops of oil of sulphur; mix the whole well together, and take a small teaspoonful night and morning.

This will be found an excellent remedy for a cough or cold.

787. *Gargles.*

COMMON gargles may be prepared of figs boiled in milk and water, with a small quantity of sal-ammoniac; or, sage tea, with honey and vinegar mixed together; or, infuse some red rose leaves either fresh or dry, in boiling water, and when they have stood an hour, drain off the liquor, and add a few drops of the oil of vitriol; gargle the throat with either of the above four or five times every day, taking at the same time some opening medicine.

788. *Applications for Stings or Bites of Bees, Wasps, Bugs, &c.*

THE best applications to the wound are the herb robert, a species of geranium; or crane's bill; or chervil; or parsley; or elder flowers. Spirits of hartshorn applied directly is often an effectual remedy for the stings or bites of these animals.

If there be much inflammation, flannels wrung out of a strong decoction of elder flowers, and applied warm, affords the speediest relief. To this may be added a spoonful of spirit of hartshorn.

Or, the part affected may be covered with a poultice, made of crumb of bread, milk, and honey.

Bathing the legs of the person stung repeatedly in warm water will afford relief.

Olive-oil, if applied immediately after the sting, sometimes prevents the appearance of any swelling, and thence the pains attending it.

Pounded parsley is one of the most availing applications in such accidents.

*789. An excellent Remedy for the sting of
a Wasp, &c. in the Throat.*

TAKE two large spoonfuls of honey, two spoonfuls of olive-oil and one spoonful of good vinegar beat them all well together, swallow a tea-spoonful every minute till the swelling and pain begin to subside, then every five minutes or seldomer as the case requires.

The patient should avoid speaking during the operation.

Common salt moistened with a little water used in the same way will also answer the same purpose.

790. *For the Thrush or Sore Mouth.*

WET a soft linen rag with a little milk rather warm, dip it in soot and rub the mouth very well with it, then wash the mouth well with milk: by repeating this two or three times it has frequently effected a cure. Or rub the mouth with a little powdered loaf-sugar and borax.

791 *To take Grease spots from Woollen Cloth.*

TAKE magnesia in the lump, wet it with a little water, rub the grease spots well, in a little time brush it off, when no stain nor appearance of grease will be left.

792. *To take Grease spots out of Silk, &c.*

LAY the silk on a piece of new flannel, pour over it a little spirit of turpentine, then rub it with clean cap paper, changing the paper and rubbing it till the spots disappear.

793. *Another.*

SCRAPE a little pipe-clay very fine, lay a little on a piece of clean white paper, lay the silk upon it, then sprinkle a little more of the powder over it, lay on another piece of paper, then iron it with an iron moderately hot.

794. *A Common Poultice*

Is made of white bread boiled in water till sufficiently thick, when a little oil must be added. Observe, water is better than milk.

An excellent poultice to ripen swellings may be made of two ounces of white lily-roots, a pound and half of figs, and two ounces of meal or bean-flour; boil the above in water, till sufficiently thick; then apply it to the diseased part while warm, and change it as often as it becomes dry.

795. *Carrot Poultice*

CONSISTS simply of carrots grated with water, so as to form a pulp: this is an excellent poultice to relieve pain arising from a sore, which it also cleanses, and should be changed twice a day.

796. *Tooth Powder.*

TAKE four ounces of charcoal, beat and sift it fine, and mix it with two ounces of powder of bark. This forms a most excellent tooth-powder.

797. *Spermaceti Ointment.*

TAKE half a pint of fine olive-oil, half a pound of white wax, and an ounce of spermaceti; melt the whole over a gentle fire, and keep it stirring till the ointment is cold.

798. *To clean Carpets.*

TAKE up the carpet, let it be well beaten, then laid down, and brushed on both sides with a hand-brush; turn it the right side upwards, and scour it with ox-gall and soap and water, very clean, and dry it with linen cloths. Then lay it on grass, or hang it up to dry.

799. *Paste for Chapped Hands, and which will preserve them smooth by constant use.*

MIX quarter of a pint of olive-oil with the yolks of two new-laid eggs, a table-spoonful of rose-water, and the same quantity of honey. Add as much fine oatmeal, or almond-paste, as will work into a paste. Honey alone is an excellent thing either for the lips or hands.—Spermaceti ointment is also very good.

800. *Baked Milk for Consumptive persons.*

SET half a pint of new milk in a moderate oven all night; it will turn thick and brown. It must be drank the first thing in a morning, and the same quantity to be prepared in the same way for evening. This simple remedy has been found highly beneficial, when regularly attended to for a length of time.

801. *Artificial Asses Milk.*

Mix two spoonfuls of boiling water, two of milk, and an egg well beaten ; sweeten with pounded white sugar-candy. This may be taken twice or thrice a day.

Or, take eringo-root and pearl barley of each half an ounce, liquorice root, sliced, three drachms ; distilled water, one quart, boil them together over a slow fire to a pint, then strain it and add a pint of fresh cow's milk.

802. *Lime Water.*

POUR six quarts of water on a pound of quick lime ; let it stand twelve hours, then clear it off, and keep it close corked for use.

803. *Alum Whey.*

BOIL two quarts of milk over a slow fire with three drachms of alum till it becomes whey.

804. *For the Gripes in little Children.*

TAKE an equal quantity of oil of nutmegs and oil of wormwood, mix it very well, and anoint the navel and pit of the stomach with it a little warm.

A flannel dipped in brandy and warmed a little, and laid over the belly gives immediate relief.

805. *Indelible Marking Ink.*

TAKE one hundred grains of lamar canstic, three drachms of gum arabic, one scruple of sap-green, one

ounce of rain water. Mix the whole in a vial — the cloth to be wet with the following mixture and suffered to be quite dry : one ounce of sal-soda dissolved in two ounces of rain water. After marking leave it in the sun and air to dry, and it will be perfectly black.

806. *Mustard Whey for Rheumatism.*

TAKE of the best Durham mustard-seed three ounces, boil it gently in three pints of water till reduced to one, then add one pint of skimmed milk, and strain it through a sieve; this produces the whey. A tea-cupful to be taken lukewarm, night and morning.

807. *For a Swelling attended with much pain.*

CUT in pieces an ounce of the roots of garden poppies, or two ounces of white poppy heads, and half an ounce of elder-flowers, boil them three quarters of an hour in three pints of spring water, then strain and press out the liquor. Use it as a fomentation.

808. *For Costiveness in Children.*

SET half a pint of new milk on the fire with three quarters of an ounce of coarse brown sugar, add two table-spoonfuls of olive-oil and give it warm. This innocent mixture may be given to adults with very good effect by increasing the quantity.

A large fig eaten every night at bed-time, is also very useful.

809. *For the Rheumatism.*

DISSOLVE two ounces of salt-petre in three gills of spring water, and rub the part affected about half an hour every night before the fire.

810. *An excellent Remedy for Rheumatism.*

TAKE of soap liniment, two ounces. Oil of Olibanum and oil of turpentine, of each a drachm and a half. Mix all together and rub well the part affected.

811. *Rheumatism.*

THE following is the famous American receipt for the cure of rheumatism, and in some cases, even a contraction of the joints :— Take of garlic two cloves, of gum ammoniac one drachm, bruise them well together in a mortar, make the mixture into two or three boluses with spring water, and take one of them every night and morning, and drink while taking these boluses very strong sassafras tea. The cures performed by this receipt in America have been extremely numerous.

812. *Remedy for removing Childblains.*

APPLY a poultice of roasted onions, or salt and onions pounded together; or, — One ounce of white

copperas dissolved in a quart of water, and occasionally applied to the affected parts, will utterly remove the most obstinate childblains.

N. B. This application must be used before they break, otherwise it will do injury. — If broken wash them with a little tincture of myrrh in a little water.

Or, dress them with a little basilicon, adding a little turpentine.

813. *For the Hooping Cough.*

DISSOLVE one grain of emetic tartar in three ounces of spring water, — one tea-spoonful to be taken every two hours. Let the common drink be, almond emulsion, barley water, linseed, hyssop or bran tea sweetened with honey or treacle.

814. *For the Hooping Cough.*

DISSOLVE a scruple of salt of tartar in a gill of water, and ten grains of cochineal finely powdered, sweeten this with fine sugar; give to an infant the fourth part of a table-spoonful four times a day, and from four years old and upwards a spoonful may be taken.

815. *Infallible cure for the Ringworm.*

DIP the finger in lemon-juice and apply it well to the part affected; some common gun-powder (not

glazed) pounded and passed through a sieve, to be sprinkled on the lemon-juice whilst wet, so as completely to cover the wound, and repeated every second day. Three or four applications have generally produced a cure, but in cases where this troublesome disease has been inveterate, a longer time has been required.

816. *For the Ringworm.*

COPPERAS water, rubbed on the part affected, once a day, with a camel-hair pencil.

817. *For the Ringworm.*

An equal quantity of oil of iron, and spirits of turpentine, apply it twice a day.

818. *Ringworm.*

FRY foxglove leaves in fresh butter without salt, strain it and rub twice a day.

819. *Burns or Scalds.*

WHEN a burn or scald is trifling, and occasions no blister, it is sufficient to put a compress of several folds of soft linen upon it dipped in cold water, and to renew it every quarter of an hour till the pain is entirely removed.

820. Elder Ointment for a Burn or Scald.

Mix a large handful of elder-buds very well with two pounds of palm-oil, let it stand two days, then simmer it on the fire and strain it. When applied to a burn or scald spread it on soft linen cloth and renew it twice a day.

Spirit of turpentine is an excellent thing for extracting the fire, if it be applied immediately — also, lime water and linseed oil of each four ounces, mixed well together, renewing the application frequently. When the skin is not broken of a burn or scald, bind some carded cotton on the part affected — this alone has frequently effected a cure without any other application.

A still more simple application and sooner prepared, is, to beat up an egg, white and yolk, with two spoonfuls of pure olive-oil. When the pain of the burn and all its other symptoms have nearly subsided, apply a plaster of elder ointment or salve for burns or scalds.

If none of the above articles are at hand, mix some starch and cream like a soft ointment; apply it immediately repeating it as it dries.

821. For a Cough.

TAKE liquorice-root scraped and sliced, quarter of a pound, aniseeds rubbed and bruised two ounces, the

best raisins stoned and figs, sliced of each half a pound; boil them in a gallon of spring water with a small handful of hyssop and a very large handful of colts-foot, till reduced to half the quantity, then strain it and stir in it three large spoonfuls of honey: take it the first thing in a morning and three times more in the course of a day — about four table-spoonfuls at once rather warm.

822. *Another, attended with difficulty of breathing.*

BOIL quarter of a pound of linseed in two quarts of spring water, strain it on half a pound of figs sliced and quarter of a pound of brown sugar candy; add lemon-juice or a few drops of vinegar: take two table-spoonfuls frequently. Linseed or bran-tea, sweetened with honey or sugar candy is excellent to be used as common drink when troubled with a cough.

823. *For an Asthma.*

SLICE a Turkey fig in two, put a tea-spoonful of sulphur inside and eat them in that state.

Brooklime-tea — about a pint to be drank rather warm, the first thing in a morning. This remedy has been found highly beneficial.

824. *Recipe for Spasms.*

SWALLOW three or four whole white pepper corns, about two hours before dinner, and again at tea-time. By this remedy simple as it may appear, the life of a person was saved and every person to whom it has been recommended has found it very beneficial.

825. *For the Gravel.*

TAKE spirit of turpentine, spirit of sweet nitre, balsam of copaiva, half an ounce of each: mix, and take from fifteen to twenty-five drops on loaf sugar morning and evening.

Daucus (wild carrot) tea is also an excellent thing for the gravel drank rather warm as common drink — the daucus roots should be gathered in August or the beginning of September.

826. *For the Tooth-ache.*

MIX an equal quantity of tincture of bark and tincture of myrrh, put half a tea-spoonful into a little warm water, and wash the mouth with it frequently keeping it in as long as possible — a bit of lint may also be dipped in the tincture and applied to the tooth. Laudanum may be used in the same way with very good effect, also fifteen or twenty

drops taken in a little water. Put the feet in warm water at bed time.

A roasted onion applied to the ear, or the cheek on the side affected, will generally relieve the pain.

A small bit of nut-gall put into a decayed tooth, changing it every half hour, will frequently be found a relief in this complaint.

827. *To prevent Tooth Ache.*

WASH well behind the ears every morning with cold water — or, wash the mouth every morning with salt and water.

828. *Convulsions.*

BRUISE some garlic, steep it in spirit of wine; dip some pieces of brown paper in it and apply to the soles of the feet — it may also be applied to the back and the stomach. — This seldom fails. Some fresh piony roots scraped and applied to the soles of the feet often gives immediate relief.

Tincture of wood-soot taken in rue or hyssop, chamomile tea has often a good effect.

829. *Tincture of Wood-soot, for Convulsion
or Hysteric Fits.*

INFUSE one ounce of asafoetida and two large spoonfuls of wood soot for three days, shaking the bottle two or three times a day.

For an adult give a tea-spoonful in hyssoop or rue tea — for a child begin with two drops, increasing one every time till you come to ten; then decrease one every time till you return to two.

830. *Heart-burn:*

DRINK a glass of soda water, or lime water, or, a glass of water with a little magnesia or chalk in it. A cup of cold chamomile-tea is also very useful in this complaint, or a tea-spoonful of vinegar. Caraway comfits usually relieve the heart-burn in a very short time.

831. *For the Jaundice.*

BREAK a fresh laid egg without beating into a wine glass of spring water and take it the first thing in a morning and last in an evening.

Or, take half an ounce of Venice soap, and oil of aniseed sixteen drops, mix well together and make it up into middle-sized pills: take three or four two or three times a day.

832. *An excellent Fomentation.*

TAKE dried wormwood, southernwood and chamomile of each an ounce, bay leaves dried half an ounce, boil them gently in six pints of water and strain it off for use.

A mixture of mallow and elder leaves make an excellent fomentation. Mallow or chamomile alone are also very good for that purpose.

833. *Turner's Cerate for Burns or Scalds.*

TAKE six ounces of fresh grass butter and six ounces of white wax, olive-oil half a pint; melt the wax and butter with the oil, then stir in one ounce and half of lapis calaminaris finely powdered till it be well mixed and the powder will not settle. Apply it once a day spread on fine linen cloth.

834. *Salve for Burns or Scalds.*

MELT four ounces of white wax, add to it two table-spoonfuls of olive-oil, simmer them together in a very gentle heat a few minutes, then stir the salve till nearly cold, spread it on thin linen.

Burgundy pitch, yellow wax and fresh butter, or olive-oil, prepared in the same way, makes a very good salve for burns or scalds.

835. For a pain in the Bowels.

DISSOLVE two grains of emetic tartar in a little warm water, then add about a quart more water; take half a gill every half hour till some effect is produced, then drink freely of plain lukewarm water. This remedy is of great value in the commencement of fever, attended with pain in the bowels.

836. Colic.

TAKE half a drachm of rhubarb in powder, brown it a little before the fire, then add to it a very little powdered ginger, mix it with a little sugar and warm water, or a little peppermint water.

837. Remedy in cases of swallowing Pins.

TAKE four grains of emetic tartar in warm water and before it can operate, drink the whites of six eggs, which will coagulate upon the stomach and envelope the pin so as to bring it up.

There is a well authenticated instance on record of a person who had swallowed twenty-four pins being made to throw up the whole by the above remedy.

838. *For the Prevention of infection from Typhus Fever.*

Dr. J. C. SMITH obtained five thousand pounds from Parliament for the following recipe :— Take six drachms of powdered nitre, and six drachms of oil of vitriol : mix them in a tea-cup, by adding to the nitre one drachm of the oil at a time. The cup to be placed during the preparation on a hot hearth or plate of heated iron, and the mixture stirred with a tobacco pipe. The cup to be placed in different parts of the sick room.

Yeast is also highly beneficial in cases of typhus fever.

839. *For Weak and Weeping Eyes.*

MAKE a strong decoction of chamomile, boiled in sweet cow's milk ; with this let the patient's eye be bathed several times a day as warm as can be suffered without uneasiness. Persons almost blind have been cured by persevering in the use of this prescription. — It is proper, however to observe, that frequently five or six weeks' bathing is necessary.

840. *To revive Old Writings which are much defaced.*

BOIL gall-nuts in wine, then dip a sponge into the liquor, and pass it on the lines of the old writ-

ing : by this method the letters, which were almost undecipherable, will appear as fresh as if newly done.

841. *To take the Black off the bright Bars of Polished Stoves in a few Minutes.*

RUB them well with some of the following mixture on a bit of broad cloth ; when the dirt is removed, wipe them clean, and polish with glass, not sand-paper.

The Mixture.—Boil slowly one pound of soft soap in two quarts of water to one. Of this jelly take three or four spoonfuls, and mix to a consistence with emery.

842. *To take Iron Stains out of Marble.*

An equal quantity of fresh spirit of vitriol and lemon-juice being mixed in a bottle, shake it well ; wet the spots, and in a few minutes rub with soft linen till they disappear.

843. *To take Rust out of Steel.*

Cover the steel with sweet oil well rubbed on it, and in forty-eight hours use unslacked lime finely powdered, and rub until the rust disappears.

844. *To extract Oil from Boards or Stone.*

Make a strong ley of pearl-ashes and soft water ; and add as much unslacked lime as it will take up ; stir it together, and then let it settle a few minutes ; bottle it, and stop close ; have ready some water to lower it as used, and scour the part with it. If the liquor should lie long on the boards, it will draw the colour out of them ; therefore do it with care and expedition:

845. *To clean the Back of the Grate, the Inner Hearth, and the Fronts of Cast-Iron Stoves.*

BOIL about quarter of a pound of the best black lead, with a pint of small beer, and a bit of soap the size of a walnut. When that is melted dip a painter's brush, and wet the grate, having first brushed off all the soot and dust ; then take a hard brush, and rub it till of a beautiful brightness.

846. *To take out Mildew.*

MIX soft soap with starch powdered, half as much salt, and the juice of a lemon ; lay it on the part on both sides with a painter's brush. Let it lie on the grass day and night till the stain comes out.

847. *Antidotes for Poison.*

To counteract the effects of arsenic, mercury, antimony or any of the mineral poisons taken into the stomach, the liver of sulphur is the most efficacious medicine. Dissolve a large table-spoonful of the liver of sulphur in a pint of warm water, and give two table-spoonfuls of the solution as soon as possible, and repeat it every ten or fifteen minutes for three or four doses as occasion may require. If this preparation cannot easily be procured, a tea-spoonful of sulphur, with eight or ten grains of salt of wormwood will afford the best substitute. It will be proper to drink plentifully of warm water and to excite vomitting by giving with the first dose of either the above medicines, or immediately after, two scruples of ipecacuan powder, and to hasten its operation by irritating the fauces with the finger or a feather.

Oil and milk may likewise be given.

If neither liver of sulphur or salt of wormwood can be readily procured, ten grains of pot-ash, or half a table-spoonful of soap lees may be given in a little water, or a strong solution of soap in water.

The white of eggs mixed with water and sugar, is an antidote against corrosive sublimate.

When mineral poisons, technically called oxide, whether of copper or arsenic, are taken inwardly, one table spoonful of powdered charcoal mixed either

with honey, butter or treacle taken immediately, is a complete antidote: — within two hours administer either an emetic or a cathartic.

When any of the preparations of opium, henbane, night-shade, hemlock, tobacco, foxglove, or stramonium, or any poisonous fungus, mistaken for mushrooms, or spirituous liquors in excess, or any other unknown matters have been swallowed, exciting sickness without pain of the stomach, or producing giddiness, drowsiness and sleep — give instantly one table-spoonful of flour of mustard in water, and repeat it in copious draughts of warm water constantly, until vomiting takes place. If the person becomes so insensible as not to be easily roused, give the mustard in vinegar instead of water, and rub the body actively and incessantly.

3. When oil of vitriol, spirits of salt, or aqua fortis, have been swallowed or spilt upon the skin, immediately drink, or wash the part with, large quantities of water, and as soon as they can be procured, add soap, or pot-ash, or chalk, to the water.

848. *A Lotion for a violent Head-ache.*

TAKE of ether two fluid drachms, spirit of wine with a little camphor two ounces, and water four ounces: pour a little into the palm of the hand, and press it to the forehead or temples, for

several minutes without removing the hand from it. Repeat it as occasion requires, or dip a little linen several folds in a little of the lotion and bind it tight to the forehead and temples, renewing it as it dries; the relief is generally immediate.

Or, wash the forehead four or five times a day in cold spring water.

Or, hold a little scraped horse-radish in the palm of the hand closed till it be warm, then smell at it.

A roasted onion applied to the top of the head will frequently relieve the most violent pain.

849. *Almond Emulsion.*

TAKE of sweet almonds, six drachms; white sugar, two drachms; pure water, one pint; the almonds are to be first blanched by infusing them in boiling water, and afterwards peeling them. They are then to be well beaten in a marble mortar, with the sugar, to a smooth pulp, when the water is to be added by degrees, and the rubbing continued till they are well blended, when the mixture should be passed through fine muslin for use. Great care should be taken that the almonds are free from any rancid taste.

This is the best beverage that can be given to children, in coughs, inflammations, fevers, &c.

850. *For a Scald Head.*

TAKE of nitrated quicksilver ointment, and spermaceti ointment, of each equal parts. Mix well together. To be rubbed on the part affected every morning.

851. *Another.*

TAKE an equal quantity of Barbadoes tar and fresh butter, mix them together in a gentle heat, anoint the head every day with it.

An oilcase or an old linen cap should be worn at the time.

852. *Remedy for Warts.*

CUT the stem of celandine and rub the warts frequently with the yellow liquid which issues from it.

The juice of elder-berries applied frequently will remove warts. The roots of purslain bruised and applied, seldom fails.

But there is nothing more safe or certain than spirit of turpentine, applied twice a day with the point of a very small stick. If the warts be very sore, apply the roots of rushes bruised, as a poultice.

The juice of red spinage applied either to warts or corns will remove them.

If put into a hollow tooth, it will frequently remove the tooth-ache.

853. *A Plaster for Corns.*

TAKE of hemlock plaster, with gum ammoniac, one ounce; camphor, one drachm. Mix and spread on thin leather.

Or, after paring the corns apply a diachylon plaster renewing it every two or three days.

Or, ivy leaves steeped in vinegar and applied every morning, or bruised and applied as a poultice.

854. *For a Hoarseness.*

BOIL two ounces of flour of sulphur in a quart of water till reduced to a pint, when settled pour off the clear part upon half an ounce of liquorice-root sliced, and quarter of an ounce of coriander-seed bruised; cover it close and take a tea-spoonful or two at any time.

855. *Another.*

MAKE a strong decoction of coltsfoot, strain it, then boil it to a syrup with sugar-candy.

Or, make a strong decoction of horehound, strain and boil it to a syrup with a pound of coarse sugar to a pint, or three quarters of a pound of sugar-candy.

Or, chew the transverse sections of horse-radish like lozenges: it is a very speedy remedy for hoarseness, loss of voice, and catarrhal complaints.

856. *To remove Grease-spots from printed Books.*

MOISTEN the grease-spots with a camel-hair pencil dipped in rectified spirit of turpentine, when dry, moisten it with a little spirit of wine and it will remove any stain the turpentine may have left.

857. *Tincture for Bruises, &c.*

TAKE spirit of wine, sal volatile, rum, opodeldoc, four ounces of each: add a large handful of fresh tacamaacha buds bruised, let it stand two days in a moderately warm place covered close, then strain it into a bottle and keep it well corked.

The tacamaacha buds should be gathered in January or the beginning of February.

858. *An excellent application for Sprains,
Bruises, &c.*

THREE ounces rectified spirits of wine, two ounces spirit sal-ammoniac, one ounce and a half of oil of turpentine, one ounce and a half of olive-oil.

859. *Another.*

Take Linseed Oil.....three ounces.
Oil of Spike.....three ounces.
Nerve Oil.....one ounce.
Oil of Elder.....one ounce.
Spirit of Wineone ounce.
Oil of Petrehalf an ounce.
Oil of Thymeone drachm.
Aqua-fortishalf an ounce.

Mix, and shake all together in a Pint Bottle.

This is an excellent Receipt.

860. *Whitworth Red Rubbing Bottle.*

TAKE Spirit of Lavender.....one ounce.
Tincture of Myrrh.....half an ounce.
Oil of Thyme.....half a drachm.

Mix.

861. *A Poultice for hard or gathered Breasts.*

BOIL three large poppy heads in a pint of water till reduced one half then strain on white bread crumbs or linseed, simmer it a little on the fire till of a proper consistence. Apply it twice a day. If much swelled apply a poultice of roasted turnips, mashed and mixed with oil of roses twice or thrice a day : or, foment the breast with a large sponge dipped (and squeezed dry), in a strong decoction of wild mallows and chamomile.

862. *Oils for a Quinsey or Sore Throat.*

Two ounces of Oil of Swallows.

One ounce of Opodeldoc.

One ounce of Oil of Turpentine.

Half an ounce of Oil of Thyme.

863. *The Irish Plaster for hard or gathered Breasts.*

PUT a pint of olive-oil and four ounces of yellow wax into a glazed earthen vessel, stir them over a very slow fire with a smooth stick till the wax be melted, then add four ounces of frankincense, four ounces of white rosin and eight ounces of red lead, simmer all together very carefully ; take it off the fire while it continues of a red color, or it will turn brown and hard.

864. *Mustard Poultice.*

TAKE flour of mustard, one part; oatmeal, three parts; vinegar, a sufficient quantity to form a poultice.

Boil the oatmeal and vinegar together, and afterwards sprinkle in the flour of mustard. To be applied warm.

865. *An excellent Poultice.*

TAKE groundsel, green chamomile, wild mallows, of each a handful, and a few foxglove leaves, boil them in water till tender, then thicken with oatmeal, add a table-spoonful of linseed oil.

Chick-weed roasted, then chopped, makes a very useful poultice.

866. *A Poultice for Boils.*

TAKE an equal quantity of chick-weed and groundsel, boil them together, then thicken with a little oatmeal. When boils are very painful foment them with a strong decoction of poppy heads, previous to applying the poultice. Roasted figs are very good for boils. Also a plaster of honey and flour, or Venice turpentine.

When a boil or whitlow does not break properly, apply the skin of the inside of an egg shell.

867. *Recipe for an Inflammation in the Eyes
or removal of a Film.*

BOIL an egg hard, and divide it in the middle, take out the yolk very clean and while the egg is hot fill the cavity with very clear honey, and after putting the parts of the egg together, wrap it in fine muslin, and let the honey filter through it into a clean vessel, being careful to exclude dust, &c.

The honey thus clarified, should be dropped from a clean feather into the eye three or four times a day till the disorder be removed.

868. *For an Inflammation in the Eye.*

BEAT the white of a new-laid egg to a froth, lay it between fine thin linen, and apply it to the eye, changing it frequently.

A little white rose-water may be added.

869. *For the Tape-worm.*

TAKE half an ounce of oil of turpentine twice a day — it is generally taken in honey. In some cases doses of two ounces have been given.

870. *For Worms in Children.*

DRY some tansey and powder it; mix it with treacle and give a large tea-spoonful three or four mornings together.

Or, give a dessert-spoonful of oil of turpentine mixed with coarse sugar or honey.

A dessert-spoonful of olive-oil has frequently been given to children for worms with very good effect.

871. *To take out Iron Moulds.*

WET the stains with water, then lay the linen on a plate placed over a basin of boiling water or on a water plate, and put on it a little salt of lemons; as it dries, wet it again with a little cold water: as soon as the spots are removed, the linen should be immediately washed with plenty of clean water to prevent any injury from the acid.

The water in the basin, or water plate should be kept boiling.

872. *Salt of Lemon.*

To one ounce of salt of tartar, take half an ounce of salt of sorrel, pound it together and keep it in a bottle well corked.

880. *A Receipt for a Consumptive Cough.*

Quarter of a pound of Maiden Hair.

Two ounces of Elecampane.

Two ounces of Liquorice.

One pound of coarse Sugar.

A large handful of Horehound.

Simmer the above in six quarts of water till reduced to two, then strain and bottle it for use.

Take a common-sized tea-cupful morning and evening.

881. *Another Cure for an Obstinate Cough.*

TAKE Mustard mixed up for eating, treacle and olive-oil of each two spoonfuls; mix all well together, for an adult two tea-spoonful, when going to bed.

882. *An Excellent Receipt for purging, and purifying the blood.*

Sulphur.....two ounces.

Ethiops Mineral, Cream of }
Tartar and Jalap of each } half an ounce;

Treacle.....half a pound.

Mix, and take a tea-spoonful every night and morning. Stir it well every time it is taken. — The dose is for an adult.

883. *Ague Plaster.*

TAKE Olibanum, Mastick, and Bole Armenian, of each quarter of an ounce, mix them with two ounces of the best Venice Turpentine, tie a piece of leather over the pot to keep it.

When you use it spread it on a slip of leather and put it round the wrists.

884. *Sea-sickness.*

A small bag of *saffron* worn at the stomach prevents sea-sickness.

885. *An excellent purifier of the Blood.*

TAKE one pound of quick lime, put to it six quarts of spring water, let it stand twelve hours then skim it and clear it off with a thin skimming dish, and put in quarter of a pound of ground or bruised sassafras, the same quantity of aniseeds bruised, English liquorice sliced, one ounce of China root, and one pound of currants; let these infuse twelve hours, then strain it through a sieve, keep it in glass bottles well corked, in a cool place, and take half a pint, with a tea-spoonful of syrup of violets, a little warm, one hour before breakfast, dinner, and supper, walking gently after.

886. *An Emollient or softening Gargle.*

TAKE an ounce of marshmallow root, and two or three figs; boil them in a quart of water, till one half be consumed; then strain the liquor. By adding an ounce of honey and half an ounce of water of ammonia, it will make an excellent diluting gargle. It is peculiarly beneficial in fevers, where the tongue and the fauces are rough and parched: It is also very superior to common acid gargles in quinsies and inflammatory sore throats — or a decoction of figs in milk and water, adding a little sal-ammoniac by which the saliva is made thinner.

A pint of boiling water poured on a table-spoonful of the best green tea, kept covered close and used lukewarm makes a gargle highly useful in bilious fevers — adding sugar and milk, if agreeable.

A solution of borax is also used as a gargle in bilious fevers.

887. *Effectual cure for a Wen.*

BOIL any quantity of salt and water in a saucepan about five minutes, bathe the wen frequently while it is warm, also after it becomes cold ten or twelve times a day, always shaking the bottle well each time before it be applied.

It will in some cases effect a cure in a few weeks, in others, it will require several months.

888. *For a pain in the Face, attended with Swelling.*

Mix two ounces of spirit of hartshorn, with one ounce of camphorated oil, and three tea-spoonfuls of laudadum; after rubbing the part affected ten minutes with this mixture, apply a piece of warm flannel.

Or, put quarter of a pound of fresh butter into a small saucepan over a gentle fire, and when it begins to melt, add two table-spoonfuls of rose-water, stirring and mixing it well.

Rub the part affected with this ointment, quite hot, three or four times a day till the swelling disappears.

889. *Strengthening Fomentation.*

TAKE oak bark, one ounce; pomegranate peel half an ounce; alum, two drachms; smith's forge water, three pints. Boil the water with the bark and peel till consumed one-third; then strain, and dissolve in it the alum. Foment the weak part with large pieces of sponge, dipped in this astringent

liquor, and squeezed dry. The fomentation should be applied as hot as possible.

890. *For Childblains.*

CRUDE sal ammoniac one ounce, vinegar half a pint; dissolve, and bathe the part, if not broken, two or three times a day. If broken, poultice, or dress them with basilicon, and add turpentine if necessary.

891. *The following simple remedy has been found very much to alleviate colds and consumptive coughs.*

STIR two tea-spoonfuls of rye flour into a small tea-cupful of water, and when well mixed, drink it off. Repeat it several times a day, before meals; or at any time when the stomach is not loaded.

892. *To stop Sickness.*

BOIL the parings of apples in milk till it curdles, then strain and drink it warm.

893. *To draw out Thorns, Splinters, &c.*

APPLY nettle roots bruised and salted, or, turpentine spread on leather.

894. *To stop the bleeding of a Wound.*

APPLY dried puff-balls, or, the leaves of balm of Gilead.

895. *For the smarting pain of Sunburn.*

WASH the part frequently with sage and plantain tea. Sage tea alone answers very well.

896. *For a Dysentery.*

ROLL several folds of flannel round the body from the chest to the waist; drink water in which rice has been boiled and carefully strained. This simple remedy is considered a certain cure.

897. *For a violent Purging:*

TAKE about half a pound of fine flour, make it into a hard ball, tie it in a cloth as tight as possible and boil it three or four hours, then turn it out of the cloth and dry it in a cool oven ten or twelve hours. When to be used, grate it fine and moisten it with a little water in the same manner as starch; pour it into boiling water in which cinnamon and mace have been boiled, make it about the consistence of water-gruel, and add sugar to the taste. It may be prepared, with milk if preferred, leaving out the mace.

898. *Bleeding at the Nose.*

APPLY cloths dipped in vinegar, or cold water in which a little sal prunella has been dissolved, to the back and sides of the neck, or wash the nose, temples and neck with vinegar.

Or, dissolve an ounce of powdered alum in a pint of vinegar, apply a cloth dipped in this, to the temples, and put the feet in warm water.

899. *For the Ear-ache.*

APPLY a roasted onion to the ear, or a roasted fig.

900. *Ear-ache caused by Worms.*

DROP in a little warm milk and it will bring them out.

901. *Excellent Eye Water.*

TAKE ten grains of white copperas and half a pint of spring water, shake the bottle well till the copperas be dissolved; when it has stood a day or two, clear it off into another bottle for use keeping it well corked. Bathe the eyes when inflamed with soft linen rag night and morning.

902. *For a Blood-shot Eye.*

BOIL some hyssop and apply it as a poultice.

For a bruise on the eye : apply a decayed apple or conserve of roses.

903. *Saline Mixture for Fever.*

TAKE Carbonate of Potash...three drachms.

Citric Acid.....two drachms.

Distilled Waterseven fluid ounces.

Syrup of Saffron.....two fluid drachms.

An adult may take three table-spoonfuls every four hours.

904. *Saline Mixture, when to be taken in a state of effervescence.*

TAKE Carbonate of Potash...three drachms.

Distilled Water.....five fluid ounces.

Syrup of Saffron.....one fluid drachm.

Cinnamon Water.....half an ounce.

Two table-spoonfuls of the above mixed with one of lemon-juice, may be taken every four hours.

905. *Wild Mallows.*

THIS weed is perhaps amongst the most valuable of plants that ever grew. Its leaves stewed, and

applied wet, will almost instantly cure, any cut or bruise or wound of any sort. Poultices made of it will cure sprains such as those of the ankle; fomenting with it will remove swellings. Applications of the liquor will cure the wringings by saddles and harness. And its operation, in all cases, is so quick, that it is hardly to be believed. A good handful ought to be well boiled and stewed in about a pint of water, till it comes, perhaps, to half a pint.

The mallows, if you have it growing near you, may be used directly after it is gathered, merely washing off the dirt first. But there should be some always in the house ready for use. It should be gathered like other herbs, just before it comes out in bloom, and dried and preserved just in the same manner as other herbs.

The root is pretty nearly as efficacious as the branches; and it may be dried and preserved in the same manner.

906. *Black Drawing Salve.*

TAKE one pound of pitch, half a pound of rosin, and two ounces of fresh butter: set them over a slow fire in an earthen pot to melt, but neither let it boil nor even simmer stirring it constantly till all be melted; then take it off and stir it till quite cold.

907. *To prevent or cure Sore Nipples.*

TAKE equal quantities of strong green tea and brandy : bathe the nipples with it when the child is taken from the breast.

Cream, juice of valerian, and juice of sea green boiled till it become as butter, makes a very nice ointment for sore nipples, applying it three or four times a day. Cups formed for the nipples of the curd of alum posset, or wax, are very useful to prevent them from being rubbed.

908. *Parsley Ointment.*

TAKE one spoonful of fresh butter, without salt, and some chopped parsley, mix them together, and let them stand two or three days, then simmer it over a slow fire, and when it is quite melted strain it through a cloth, into small pots, and keep it in a cool place.

909. *Method of restoring to Life drowned Persons.*

THE greatest exertion should be used to take out the body before the elapse of one hour, and the resuscitative process should be immediately employed.

On taking bodies out of the water, the following cautions are to be used.

1. Never to be held up by the heels.
2. Not to be rolled on casks or other rough usage.
3. Avoid the use of salt in all cases of apparent death.

Particularly observe to do every thing with the utmost promptitude.

For the *drowned*, attend to the following directions : —

1. Convey the body, with the head raised, to the nearest convenient house.
 2. Strip and dry the body : — clean the mouth and nostrils.
 3. Young Children : — between two persons in a warm bed.
 4. An Adult : — lay the body on a warm blanket, or bed, and in cold weather, near the fire. — In the warm season air should be freely admitted.
 5. It is to be gently rubbed with flannel, sprinkled with spirits; and a heated warming-pan covered lightly moved over the back and spine.
 6. To restore Breathing : — Introduce the pipe of a pair of bellows (when no apparatus) into one nostril; close the mouth and the other nostril, then inflate the lungs, till the breast be a little raised; the mouth and nostrils must then be let free.
- Repeat the process till life appears.

7. Tobacco smoke is to be thrown gently up the fundament, with a proper instrument, or the bowl of a pipe covered, so as to defend the mouth of the assistant.

8. The breast to be fomented with hot spirits: — if no signs of life appear — the warm bath: — or hot bricks, &c. applied to the palms of the hands, and the soles of the feet.

9. Electricity early employed by a medical assistant.

10. The breath is the principal thing to be attended to.

910. *To make Blacking.*

TAKE half a pound of ivory black, quarter of a pound of treacle, one ounce of sweet oil, quarter of an ounce of oil of vitriol, half an ounce of copperas, half an ounce of gum arabic and one quart of vinegar, Mix the ivory black, treacle, gum and oil together first, then about half of the vinegar, then the vitriol, then the remainder of the vinegar, and lastly the copperas.

911. *Another.*

TAKE four ounces of ivory black, three ounces of coarse sugar, a table-spoonful of sweet oil, quarter of an ounce of oil of vitriol, mix all well together with a quart of beer or vinegar.

912. *To make Blacking.*

TAKE half a pound of ivory black, half a pound of treacle, one ounce of sweet oil, quarter of an ounce of oil of vitriol, and one quart of vinegar. Mix the ivory black and treacle first, then the oil, then the vinegar, and lastly the vitriol, stirring it constantly till well mixed.

913. *Another.*

TAKE ivory black and brown sugar-candy, of each two ounces, a table-spoonful of sweet oil, and a pint of cold vinegar added gradually, till the whole be well incorporated.

Or, take ivory black and treacle of each half a pound; gum-arabic and sweet oil, of each half an ounce; vinegar three pints, boil the vinegar, and pour it hot on the other ingredients.

914. *Another.*

TAKE ivory black and moist sugar of each quarter of a pound, a table-spoonful of flour, a piece of tallow about the size of a walnut, and a small piece of gum-arabic. Make a paste of the flour, and while hot put in the tallow, then the sugar; afterwards mix the whole well together in a quart of water and you will have an excellent blacking.

915. *Iceland Liverwort or Moss.* *An excellent strengthening Medicine.*

BOIL two ounces of this herb (previously washed), in a gentle heat, with two quarts of distilled water for fifteen minutes; two drachms of liquorice root sliced may be added about five minutes before it is taken off the fire. A tea-cupful of this decoction should be taken three times a day: or, quarter of an ounce of the herb may be boiled in half a pint of milk for ten minutes and taken for breakfast or supper; or, if chocolate be preferred, it may be made with the decoction of the herb as above (without the liquorice) in the usual manner instead of water or milk; or it may be prepared with half an ounce of cocoa, in half a pint of distilled water. The best forms for administering this herb in pulmonary consumption, are the jelly, made with the powder termed the farina, combined with cocoa, or the decoction. To make it as a jelly, mix as much cold water with a dessert-spoonful of the powder as will make a soft paste, then pour on by degrees half a pint of boiling water, or milk, stirring it briskly, after boiling about ten minutes it will become a smooth thin jelly, sugar, currant jelly, liquorice, lemon-juice or cinnamon may be added to make it palatable.

916. *A gentle purging Medicine.*

POUR two quarts of boiling water on quarter of a pound of Epsom salts; drink a tea-cupful every morning for nine or ten mornings together.

917. *Another.*

TAKE three quarters of an ounce of senna, two drachms of caraway or aniseeds bruised, quarter of a pound of French plums, and one drachm of ginger; pour on three quarters of a pint of boiling water, and cover it close; when cold, strain it off and it will be ready for use: for an adult, take half a gill for a dose.

This is a very safe and easy purge for children. A little sugar may be added if preferred.

A mixture of sulphur, cream of tartar and treacle, is also a very useful and proper opening medicine for children: or, a little sulphur given in a few spoonfuls of warm milk when going to bed three or four evenings together.

918. *A Decoction of Senna for purging.*

TAKE an ounce of senna, two drachms of aniseeds, one drachm of ginger, two ounces of raisins, three ounces of prunes or French plums and a quart of water, boil these together twenty minutes, then

strain it. For an adult quarter of a pint. If a stronger purge be required, add a table-spoonful of syrup of buckthorn.

Or, drink half a pint of strong decoction of dock roots.

919. *Apoplexy.*

GIVE from twenty-five to thirty drops of fluor volatile alkali in a table-spoonful of water, also wet the edges of two slips of paper in the volatile alkali and introduce them into the nostrils; if attended to on the first appearance of the disease, it will be found very efficacious.

The dose may be repeated in a few minutes.

920. *The following Poultice never failed giving immediate relief, and taking away the inflammation in Burns and Scalds.*

TAKE equal weight of brown sugar and onions sliced, beat them well together in a mortar to a pulp and lay on the part affected. Renew the poultice daily.

921. *For a Stitch in the Side.*

APPLY a bottle of hot water wrapped up in flannel; or, a bag of hot oats.

922. *An excellent remedy for the Cramp.*

TAKE a handful of periwinkle and a handful of rosemary tops, put them in a pewter dish and set them over hot coals in a chafing-dish, dry them and turn them very often, when they are very hot lay them upon the part affected and bind it on, take it off in the morning and repeat the application for several nights.

Rubbing the part affected very well with a flesh-brush or with flannel, has often a good effect.

923. *Measles.*

THIS complaint generally begins with shiverings succeeded by a feverish heat, a severe head-ache in adults and heaviness in children, frequent sneezing, running of the eyes and nose, swelling of the eye-lids. The patient should be kept moderately cool without being exposed to the cold air, observing a low diet and keeping the body gently open, the almond emulsion, toast and water, barley water, lemonade and linseed tea may be drank freely; marigold tea is also much esteemed in this complaint, and if the measles do not come out properly a little saffron tea given warm at bed time has often a good effect. When the eruptions begin to disappear, opening medicine should be given about three times a week as in small-pox and

other eruptive fevers, but the patient should not be too soon exposed to the cold air.

Ten drops of balsam of copaiva taken on a little brown sugar night and morning is generally useful in removing the cough which so often remains after the measles.

924. *Small Pox.*

THIS complaint generally comes on with shiverings, pain in the head and back, sickness and the ordinary symptoms of fever : the eruption appears about the fourth day of the fever, and the pustules come to maturity about the tenth or eleventh day. On the first appearance of the complaint, to keep down the feverish symptoms, and to prevent as much as possible the eruption from being great, a little opening medicine will be proper, also from fifteen to twenty drops of antimonial wine in a dose of saline mixture every six or eight hours till the feverish symptoms are abated, observing a low and cool diet, and drinking plentifully of lemonade, toast and water, or barley water rather warm ; the almond emulsion may also be taken freely. The patient should be kept cool, cleanliness in this as in all cases of fever should be particularly attended to.

925. *Cure for the Ague.*

TAKE Prepared kali.....two drachms.
Pure Water.....seven ounces.
Spirit of Cinnamon...one ounce and half.
Water of Ammonia...half an ounce.
Syrup of Tolu.....half an ounce.

Three table-spoonfuls to be taken every four hours with a tea-cupful of chamomile-tea after each dose.

926. *For the Hiccup.*

WHEN caused by acidity in the stomach, take twenty drops of sal volatile with a tea-spoonful of magnesia in a glass of mint water. When it is caused by improper food an emetic will be necessary: if the spasms be violent, a tea-spoonful of ether with eight drops of laudanum, in a glass of cold water will prove the best remedy. In children hiccup often arises from acidity in the stomach, in that case magnesia and rhubarb in a little mint water will be most proper.

Or, for the convulsive hiccup; take one drop of the oil of cinnamon on a lump of sugar, keep it in the mouth till dissolved, then gently swallow it.

927. *Effects of Red spurge.*

If you express the juice of this plant, and apply it either to warts or corns it will certainly remove

them ; and if put into a hollow tooth, it will relieve the pain, and ultimately destroy the nerve by which it is caused.

928. *Tooth Powder.*

THE charcoal of the Areca nut (commonly called betel nut) affords a very superior powder to the *prepared charcoal* as a tooth powder. The tincture of rhatany root mixed with a little water forms an excellent astringent lotion for the teeth, and should always accompany the use of the *prepared charcoal*; this tincture by repeated use has often succeeded in fastening loose teeth.

Flowers of sulphur make an excellent tooth powder.

929. *To make strong Paste for Paper, &c.*

MIX fine flour with cold water, then boil it till it be of a glutinous consistence, this makes common paste. When wanted stronger, mix a fourth or sixth part of the weight of the flour of powdered alum ; when required still stronger add a little powdered rosin.

Or, boil three quarters of an ounce of the best gum arabic in a pint of water with fine flour, to the thickness of honey.

930. *Syrup of Angelica-root for the Influenza.*

BOIL down gently for three hours a handful of angelica root in a quart of water; then strain it off, and add liquid Narbonne or best virgin honey sufficient to make it into a balsam or syrup; take two tea-spoonfuls every night and morning, as well as several times in the day. If attended with hoarseness or sore throat, add a few drops of sweet spirit of nitre.

931. *Syrup for Coughs, spitting of Blood, &c.*

TAKE six ounces of comfrey roots, and twelve handfuls of plantain leaves; cut and beat them well, strain out the juice, and with an equal weight of sugar boil it to a syrup.

An infusion of tormentil leaves or a decoction of the roots, is also very useful for spitting of blood.

932. *Decoction of Bark.*

TAKE two ounces of the best Peruvian bark in powder, put it into a pint and a half of boiling water, with some cinnamon and a little Seville orange-peel in a tin saucepan with a cover: boil it twenty minutes, then take it off the fire and let it stand till cold; then strain it through flannel; bottle, and cork it close: take four table-spoonfuls three times a day.

933. *Simple remedy for the Stone.*

BOIL thirty unroasted coffee-berries in a quart of water, till the water becomes of a greenish hue; take half a pint every morning and evening with ten drops of sweet spirit of nitre. It will be proper while taking this medicine, to take occasionally a small dose of castor oil.

934. *For a Quinsey.*

RUB the throat well upwards, toward the ear with the oils (see No. 862) for ten minutes or quarter of an hour, several times in the course of a day, and at bed-time apply a poultice of roasted onions as hot as possible, putting a little of the onion in each ear, or in that on the side affected. Seven drops of the oil of amber on a lump of sugar, kept in the mouth without moving till dissolved, has often produced a very good effect. Gargle with half a pint of barley-water, an ounce of rose-water, two ounces of honey of roses and half an ounce of pure nitre.

935. *For a Dysentery.*

TAKE a sheet of writing-paper, cut it in slips, boil it in a pint and a half of milk to a pint; take it at twice.

It has been given with very good effect to infants for watery gripes and green stools.

For common drink in a dysentery, dissolve two ounces of gum arabic in a quart of water, sweeten to the taste.

936. *Blackberry Powder.*

GATHER the berries when full grown but before they turn black, pick them, and dry them in a cool oven; keep them from the air in a dry situation: when wanted for use, beat them to powder and take as much as will lie on a shilling, in simple cinnamon water night and morning. This is an admirable remedy for the flux and may be taken three times a day if the disease be violent. It is also an excellent remedy for watery gripes in infants.

The leaves of the sloe or black-thorn are also very useful for the same purpose made into tea.

937. *To clean Mahogany Furniture.*

PUT a little alkanet root, rose pink, and one pint of cool drawn linseed oil into an earthen pot, and let them stand all night in a warm place: rub the furniture over with this mixture and let it remain one hour, then rub it well off with a linen cloth.

938. *Another way.*

TAKE quarter of an ounce of the finest white soap, grate it small and put it in a new glazed earthen

vessel with a pint of water, hold it over the fire till the soap is dissolved, then add the same quantity of bleached wax cut into small pieces, and three ounces of common wax, when the whole is incorporated it is fit for use. Dip a bit of flannel in the varnish while warm, and rub it on the furniture, let it stand quarter of an hour, then apply the furniture brush, and finish with clean flannel.

Raw linseed oil laid on the furniture and suffered to remain twelve hours, then rubbed off with woollen cloth and lastly with linen, will give a beautiful polish to mahogany if repeated frequently, the furniture being well cleaned previous to being oiled.

A P P E N D I X.

939. *To preserve Apples during the Winter.*

SPREAD a coarse cloth on the floor in an upper room, then place a layer of apples, then a cloth similar to the other, then another layer of apples, and so on alternately to any height you please, then throw a large coarse cloth over the whole, taking great care that the cloth be turned under the edge of the cloth first laid on the floor all the way round so as to communicate with the floor on every side.

The Americans fold them singly in papers instead of laying cloths between the layers.

940: *Another method of preserving Apples.*

GATHER the apples very carefully, and immediately lay them in heaps next the walls, on a board floor one or two feet thick, without any straw underneath them, it having been found by experience that when once moist with the sweat of the fruit it will

soon cause them to decay. A room of the same temperature that is required for drying cheese is most proper for the purpose, and when the weather is mild air may be freely admitted, when frosty, the window carefully closed and the apples well covered with sacks or several folds of coarse linen. They should be disturbed as little as possible particularly in frosty weather, taking out what are wanted very carefully.

941. *Another way to preserve Apples.*

PUT a layer of apples and a layer of dried *fern* alternately in boxes and cover them quite close : — *fern* never gives the apples a musty taste, which straw is very apt to do.

942. *Another.*

DRY a glazed jar perfectly well, put a few pebbles in the bottom ; fill the jar with apples, and cover it with a bit of wood made to fit exactly ; and over that put a little fresh mortar. The pebbles attract the damp of the apples, and the mortar draws the air from the jar, and leaves the apples free from its pressure, which together with the principle of putrefaction that the air contains are the causes of decay. Apples have been thus kept quite sound and juicy till July.

943. *To make Vinegar from Crabs.*

To one peck of crabs bruised, put nine gallons of cold spring water; let them stand about nine days, covering the tub with a cloth, and stirring them well twice every day, then strain the liquor through a hair-cloth, and put it into a cask iron-hooped and painted. To every gallon of liquor, put one pound of sugar, and stir it in the cask several times to dissolve the sugar: set the cask in the sun, and cover it with a bit of slate or tile till ready for use. This makes good strong vinegar that will do for pickles.

944. *Herb Pie.*

TAKE lettuce, beets, leeks, spinage and parsley of each a handful, give them a boil, then chop them small, have ready a quart of groats and two or three onions boiled in a cloth, put all together in a frying-pan with half a pound of butter, a little salt and a few apples cut thin, stew them over the fire a few minutes, fill your dish and lay over it a good crust, — or bake it in a raised crust. The above quantity will make a large pie.

945. *Lemon Sauce.*

CUT thin slices of lemon into very small dice, and put into melted butter, and give it one boil.

946. *Caper Sauce.*

TAKE some capers, chop half of them very fine, put the rest in whole, chop some parsley with a little grated bread and salt, put them into melted butter and let them boil up.

947. *Gooseberry Sauce.*

PUT some gooseberries into cold water, set them on the fire and let them simmer very carefully till tender; then drain them and add a little juice of sorrel, a little ginger and sugar, and some melted butter. It is very good made with plain melted butter and sugar only, or with a little boiled parsley chopped small and put in.

948. *Cheap, wholesome and savoury Food.*

TAKE one pound of East India rice, steep it in cold water two hours, then put it in boiling water, if it has been properly steeped it will be sufficiently boiled in five minutes; then pour the water from it and dry it over the fire the same as potatoes. Use it with the following gravy: Fry some onions in three ounces of butter till brown and tender, then add a little flour mixed with some water, salt and Cayenne pepper to the taste.

949. *To force Carrots.*

TAKE three or four of the largest carrots, put them into a kettle of boiling water, let them boil till tough, take them out and let them stand till cold; then scrape out the inside, fill the carrots with forcemeat, and sew or tie them up tight in separate cloths and boil them till nearly tender, take them out of the water, and when cool slice and fry them in butter.

950. *Spinage Toasts.*

PUT some boiled spinage in a mortar with some sugar and butter, pound it fine, put in a spoonful of sherbet and a little nutmeg, three beaten on eggs, a handful of currants, and some grated lemon-peel. Cut some toasts, heap your spinage on it, wash it over with egg and strew crumbs of bread over it; bake it and serve it up.

951. *Sweet Toasts.*

CUT the crust off two small loaves, then cut them in slices and dip them in cream or cold water, lay them separately on a dish; beat three eggs with some grated nutmeg and sugar; adding quarter of a pint of cream; then melt some butter in a frying-pan, wet the toasts over with the egg and cream and lay

them in the pan the wet side downward; pour on the remainder of the egg and fry it a nice light brown. Serve with rose-water, sugar and butter boiled up.

952. *To Boil Potatoes.*

PARE and wash the potatoes very clean, put them into a pan with cold water just sufficient to cover them adding a little salt; let them boil very gently, and when enough, or before they break; drain the water from them as dry as possible; sprinkle in a little salt, and hold them over the fire to dry, shaking the pan carefully now and then till the potatoes look dry and mealy. If not wanted immediately, lay a clean cloth close over them in the pan and keep them hot; but, to be nice, they ought not to stand long after being boiled.

953. *Means of restoring Frosted Potatoes.*

SOAK them three hours in cold water, before they are to be prepared as food; changing the water every hour.

If much frozen before laid in cold water, to each peck of potatoes take quarter of an ounce of salt-petre, dissolved in water, and mix it with the water which boils the potatoes.

954. *Vermicelli in Milk.*

PUT your vermicelli in boiling milk and stir it quickly to prevent its becoming a paste or doughy. Let it be well salted or well sugared. Half an hour is sufficient to break the vermicelli.

955. *Hommony.*

TAKE of the white Indian corn skinned and split, put any quantity on the fire with plenty of water adding more boiling water as it wastes ; it requires long boiling, ten or twelve hours not too long — when enough, add butter, pepper and salt.

It is better to boil it seven or eight hours the day before it is wanted.

956. *Substitute for Coffee.*

TAKE wheat and rye, a pint of each, and half a pint of split pease ; roast the wheat and rye together, but the pease separately, till they are of a very dark brown color ; then add about one ounce of mustard seed and grind all together.

957. *Substitute for Tea.*

GATHER the leaves of horn-beam, put them in a new earthen vessel, set it in a pan of boiling water on the fire till the leaves look rather brown ; they

may then be put in a box with a little of the root of Florence iris in powder for several days ; it may then be used as tea.

958. *Mushroom Catsup.*

TAKE a stewpan full of the large flap mushrooms, that are not worm-eaten and the skins and fringe of those you have picked ; throw a handful of salt among them, and set them by a slow fire. They will produce a great deal of liquor, which you must strain ; and put to it four ounces of shalots, two cloves of garlick, a good deal of pepper, ginger, mace, cloves, and a few bay leaves. Boil and skim it very well. When cold, cork it close. In two months boil it up again, with a little fresh spice, and a stick of horse-radish, and it will then keep the year ; which mushroom catsup rarely does, if not boiled a second time.

959. *Mushrooms.*

PUT some water or maigre broth in a stew-pan with pepper, salt, parsley, green onions and a handful of chopped mushrooms well cleaned ; boil them over a stove or slow fire till thick ; beat six eggs or more according to your quantity, and mix all together. Then butter some small cups, put in the mixture and bake them quick ; turn them out on a dish, and serve them with mushrooms stewed white.

960. *Crust with Mushrooms.*

PUT some cleaned mushrooms into a stew-pan with a little butter, pepper, salt, and juice of lemon ; some green onions, parsley, sweet savoury and three cloves tied in a bit of muslin, set them a proper distance over the fire till nearly dry, add a dust of flour with a little maigre broth, boil them fifteen minutes, then take out the herbs ; thicken with two yolks of eggs mixed with cream, put the top of a French roll toasted and buttered in a dish, and pour on the mushrooms.

961. *Fried Mushrooms.*

TAKE large, fresh, red-gilled mushrooms, peel and wash them ; put a little olive-oil and butter into the frying-pan, put them in the gilled side upwards, sprinkle a little pepper and salt over them, and, as they discharge their liquor, put it into the dish you intend to serve them up on. When they are enough, put them on the dish amongst the liquid. Put a little butter into the frying-pan, and a few spoonfuls of water, let it boil and pour it over them, and they are ready to be sent to the table.

962. *Sorrel and Eggs.*

TAKE a good deal of sorrel and two cablage lettuces chopped small, put them in a stew-pan with butter, pepper, salt, chopped parsley and green onions ;

cover it close, stew gently till almost dry, thicken with two yolks of eggs mixed with cream, put it in your dish with hard eggs boiled and cut in quarters : serve it up.

963. *Eggs. A French Dish.*

PUT some butter with green onions chopped in a stew-pan, shake it over the fire with a dust of flour, adding some maigre broth ; when it boils skim it, let it be of a proper thickness ; put six hard boiled eggs cut in slices in your stew-pan, thicken it with two yolks of eggs mixed with cream, the juice of a lemon, and a tea-spoonful of mustard. Put it in the dish and serve it up.

964. *Spinage Tart.*

SCALD, then drain and dry some spinage, chop, and stew it in butter and cream with a little salt, sugar, and bits of citron ; add a little orange-flower water, and bake it in puff paste.

965. *A Sandy Lane Pudding.*

CUT fine stale bread in thin slices, boil a pint of milk and put to it, let it stand till cold, sweeten it with white sugar, and add two-spoonfuls of rose-water mixed with four eggs well-beaten, beat all together till it is a fine batter ; butter a wooden dish

and put in the batter, dredge a little flour on the top, tie a cloth over, and boil it an hour.

966. *Apple and Rice Pudding.*

TAKE three or four apples pared and cut small, put them in a pan with about two or three ounces of butter and three quarters of a pound of rice, washed and picked clean, adding as much water as will keep them from burning, when enough, add sugar to the taste.

967. *Oatmeal Flummery.*

PUT three large handfuls of very fine white oatmeal to steep a day and a night in cold water; then pour it off clear, adding as much more water, and let it stand the same time. Strain it through a fine hair sieve, and boil it till it be as thick as hasty pudding; stirring it well all the time. When first strained, put to it one large spoonful of white sugar, and two of orange-flower water. Put it into shallow dishes; and serve to eat with sherbet, milk, or cream and sugar: It is very good.

968. *Biest Custard.*

SET some new milk on the fire with a stick of cinnamon in it, and as much biest as will make it about the consistence of almond custard, stir it con-

stantly while on the fire, and when it thickens take it off; add sugar and spice to the taste. It is very good to eat with bread.

969. *Ginger Beer or Pop.*

TAKE of bruised ginger one ounce, cream of tartar one ounce, boiling water one gallon, citric acid forty grains, lump sugar one pound. Mix well together and when nearly cold add to it three spoonfuls of good yest, and let it stand eighteen or twenty hours. Strain it, then bottle it and cork it up tight. It will be fit for use in twenty-four hours.

970. *Red Cabbage dressed the Dutch way.*

CUT a red cabbage small and boil it in water till tender; then drain it as dry as possible; put it in a stew-pan with some pure olive-oil and fresh butter, a small quantity of vinegar and water, an onion cut small, pepper and salt; let it simmer till all the liquor be wasted: it may then be eaten either hot or cold, and is considered to be an excellent pectoral medicine, as well as a pleasant food.

971. *A good and cheap Green Pease Soup.*

TAKE as much milk as you want soup, put in green pease and boil them till quite soft; then pulp them through a coarse sieve, and add butter worked

with a little flour ; pepper and salt to the taste. . If the pease be not too old the soup will be very good without being passed through a sieve.

972. *Herb Soup.*

GRATE about half a pound of white bread, put it in a pan with two quarts of water, let it boil till it is of a proper thickness ; fry or stew in butter a good handful of spinage, some parsley and a little green onion, dredging them with a little flour ; put them in the soup with pepper and salt to the taste ; boil all up together.

973. *Parsley Dumplings.*

TAKE half a pound of grated white bread, rub in quarter of a pound of butter ; add six ounces of currants, a handful of parsley chopped fine, three ounces of sugar, three eggs well beaten, some grated nutmeg, four spoonfuls of rose water, and three quarters of a pint of new milk, mix all well together, and divide it into three or four dumplings, butter the cloths you tie them in, and boil them half an hour : serve with melted butter, sugar and vinegar or sherbet.

974. *Tapioca Pudding.*

WASH and pick quarter of a pound of tapioca very clean, then put it in a saucepan on the fire with cold water, when it has boiled two or three

minutes, strain it ; then return it into the pan with a pint of new milk ; let it boil gently till the milk be nearly soaked up, then pour it out to cool and stir in two ounces of butter ; add sugar and nutmeg to the taste, the yolks of four and whites of two eggs well beaten, and a table-spoonful of rose or orange-flower water : butter a dish and put puffpaste round the edge and bake it. It is very good boiled. A mixture of tapioca and rice make an excellent pudding made in the common way, or mixed with ground rice.

975. To preserve Ripe Fruit without Sugar.

THE bottles to be used for small fruit, such as gooseberries, currants, cherries, and raspberries, may be selected from the widest-necked wine or porter bottles, they being cheaper than what are called gooseberry bottles. Having in the first place had them properly cleaned, and the fruit which should not be too ripe, being ready picked, fill with the fruit as many of them as are to be done at the same time till they will hold no more, allowing room for the cork ; and in filling, the bottles should frequently be shaken, to make the fruit lie close. When filled, cork each bottle with a light pressure, and then proceed to scald the fruit. This operation may be performed over a slow fire, either in a copper, or large kettle, first putting a cloth of any sort at the bottom to prevent the heat of the fire from cracking the bottles. The copper must be filled with cold water to such a depth as will nearly cover the bottles,

which must be put into the water rather in a slanting direction till they reach the bottom, in order to expel the air that might otherwise lodge in the cavity at the bottom of them.

The bottles should not touch the bottom or sides of the copper, as that circumstance might occasion their bursting. The heat of the fire should be such as gradually to raise the water in the copper to the temperature of 160 or 170 degrees by a brewing thermometer, in the course of about three quarters of an hour. For want of an instrument of this kind, the proper temperature may be determined by the finger, to which it will feel very hot, but will not scald. If the water in the copper should become too hot, a little cold water must be added to it, and when it has acquired the proper degree of heat, it must be kept at it as steadily as possible for about an hour, but not longer, as a greater heat, or a longer time, is liable to crack the fruit. As soon as the fruit is properly scalded, take the bottles one at a time, out of the copper, and fill them up, to within an inch of the place to which the cork will reach, with boiling water, kept in readiness for the purpose, and which may be very conveniently poured into them from a tea kettle, cork them immediately, pressing the corks down gradually, but make them very tight. In driving the corks the bottles must not be shaken, as that might cause the hot water to break them. When the bottles are corked, lay them on their side, which will cause the corks to swell, and prevent the air from escaping. When cold they

may be removed to any convenient place always observing to let them lie on their side, until required for use. During the first month or two, it is necessary to turn the bottles a little round, once or twice a week to prevent the fermentation that will arise in some fruit from forming into a crust, the turning of the bottles keeps the the fruit moist with water, and no mould will ever take place. After the first two months, it will be quite sufficient to turn the bottles a little round once or twice a month. In getting out the fruit, the inconvenience which is apt to attend the use of narrow-necked bottles may be obviated, by employing a bent wire, the liquor being first poured out into a basin. As this liquor is strongly impregnated with the virtues of the fruit, it is very suitable for putting into pies, tarts, or puddings, instead of water, and when boiled up with a little sugar, it forms a very rich and agreeable syrup.

Test for Epsom Salts.

In consequence of a number of accidents having arisen from taking oxalic acid instead of salts, we insert the following test for Epsom salts.

Those who have doubts about Epsom salts, may always be satisfied by putting to them, when dissolved, a little *magnesia*, which will mix quietly ; but should it be *oxalic acid*, it will hiss, and boil up immediately.

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ERRORS CORRECTED.

No. 5. read, and lettuce stalks.—11. read, dried green pease.—54. read, the top crust of a stale loaf.—59. read, a slice of toast.—71. after butter read, a very little powdered loaf sugar.—85. read, brown a little butter.—88. read, until it be hot —91. after enough, read, add a little lemon juice, pepper and salt; poach, or fry some eggs, cut the whites neatly and lay them on the cucumbers.—94. for seasoned, read, season—for ragoo, read, ragout.—115. read, flour and fry them.—116. read, about half boil them—and add—Lettuces may be fried in the same way without boiling.—121. read, flour and butter.—148. read, parsley and sweet leeks.—160. read, Prepare them as for scolloped potatoes, then roll them, &c.—162. for add, read, adding.—165. after chopped, read, add.—180. read, fennel and parsley.—194. for turn, read, hold.—206. for and made into balls, read, make it into balls, and add water.—217. for 91 read, 71.—231. add, bake it in puff paste.—235. add, it is very good boiled.—279. read, press out the water.—289. read, pared and boiled.—307. after buttered, read, boil it.—342. read, Sweetmeat Tarts.—384. after vinegar, read, and a little salt.—445. read, whites of the eggs.—456. read, three yolks of eggs—page 184 line 19, for butter, read, batter.—515. for boiled, read, simmered.—555. add, Cut it into lozenges.—664. read, beat the yolks.—794. for a pound and a half of figs, read, half a pound.—812 and 890. for chilblains, read, chilblains.—822. after Another, read, when attended.—828. read, rue, hyssop or chamomile.—829. read, Tincture of Asafoetida, or Wood-soot, and after three days, read, in a pint of brandy.—852. for spinage, read, spurge.—968. for Biest Custard, read, Biest Curds.

No: 733. being erroneous, we insert the following:—Warm and rub a pan with a little butter; to a pound of sugar put nearly four table-spoonfuls of water, let it boil on a slow fire till it becomes a smooth thick syrup, then stir in quarter of a pound of butter; when it has boiled about twenty minutes drop a little on a plate, and if it turn quite hard and leave the plate without sticking it is enough: pour it about half an inch thick on a warm dish. From twenty to thirty drops of essence of lemon stirred in after it is taken off the fire, gives it a pleasant flavor.

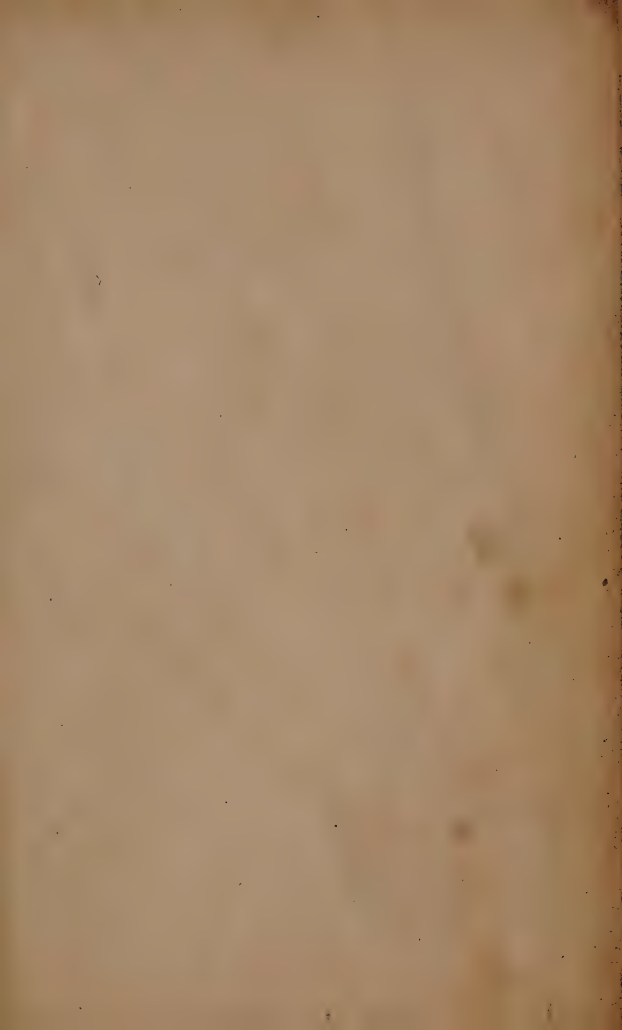
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